

The Dragon

# Out of Breath

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# Mouth-Throat-Lungs-Blood

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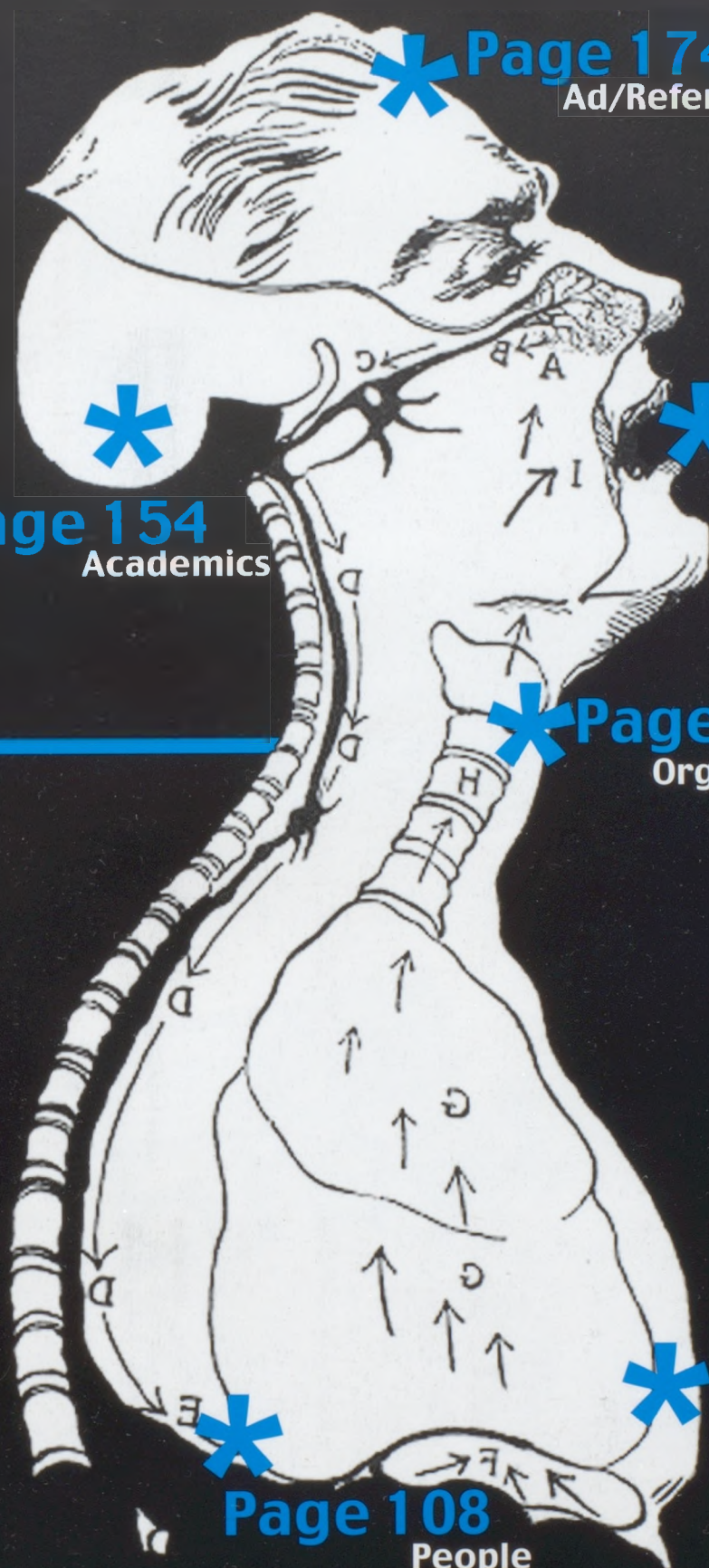
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After his speech to the senior class, presidential candidate Howard Dean answers students various questions. Senior Chris Sigmund also watched Dean speak. "Dean's personal appearance gives first time voters a reason to vote," said Sigmund. Dean was the only Presidential candidate to come to Johnston. *photo by Ryan Witt*

## Johnston High School Volume 57

2004 Dragon

Enrollment: 1297

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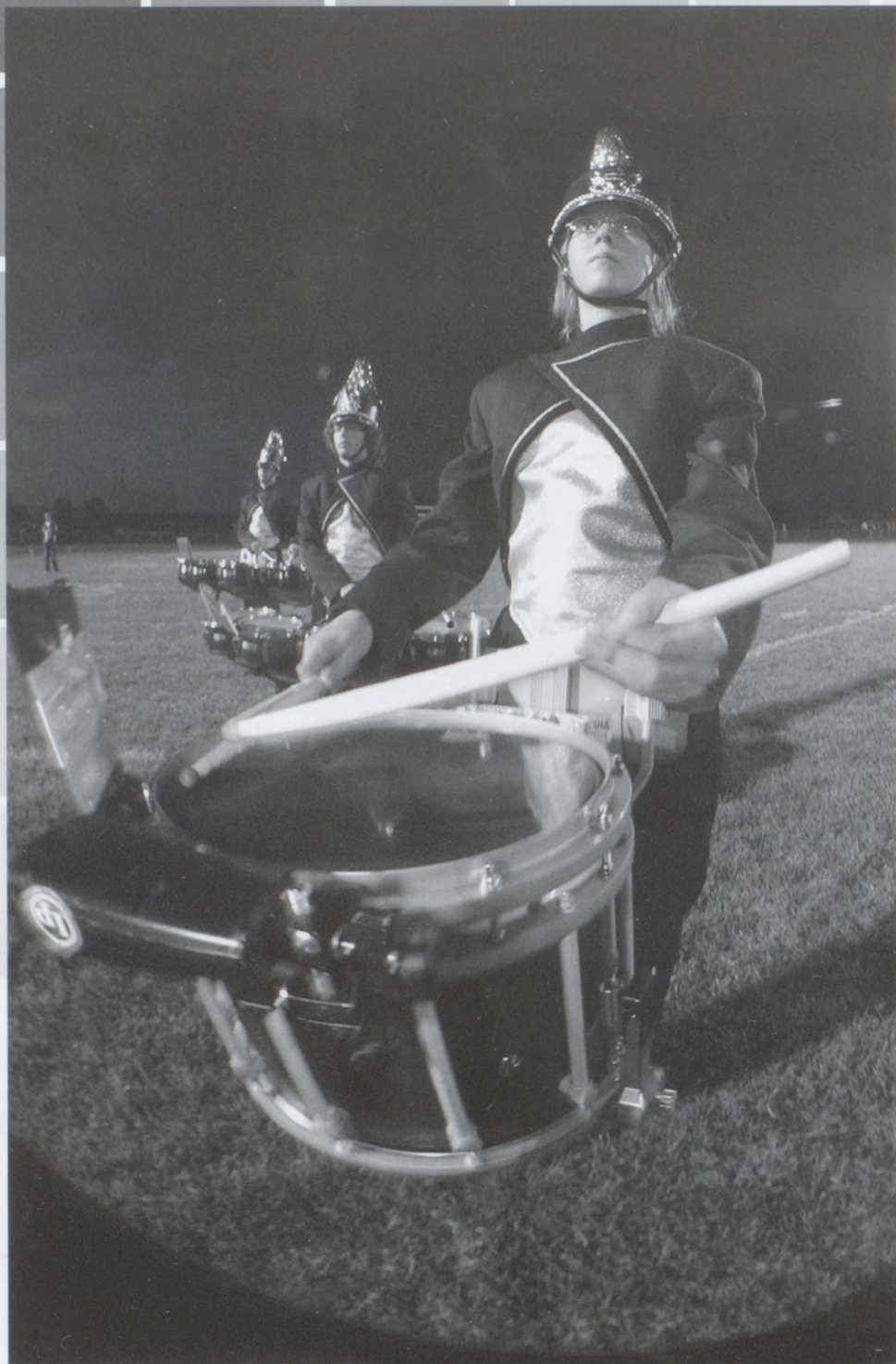
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# Out of Breath

Title







Peering off into the distance to her drum major, sophomore Diane Brown drums to the beat on her snare. Early morning practice at 7 a.m. sometimes left Brown feeling a little out of breath. Brown had been playing percussion in band since 5th grade and her favorite instrument was the marimba. One thing Brown enjoyed about band was all of the people that she got to spend time with. *photo by Matthew Putney*





Johnston High School is

# Out of Breath

You are about to begin two amazing journeys combined into one: an electrifying odyssey through the 2003-2004 school year condensed onto 218 pages, and an exhilarating tour of the human respiratory system. We've organized the five sections of life at JHS into the five main stops on oxygen's route through the body after you take a breath: mouth, throat, lungs, blood and brain, each relating to school life in their own way.

2003-2004 was certainly a unique year of bustling activity. It was the last year the building would house freshmen before they would be shipped off across the parking lot to an 8-9 school. There were constant questions about the fate of classes, teachers and extracurricular activities, prompting the formation of a "transition board" to aid in the hotchpotch of change. In the meantime, students dealt with overcrowded lunches and packed hallways as they tried to find moments in their busy schedules to catch their breath.

So now, if you're ready, fasten your seat belt, take a deep breath and hang on tight for a whirlwind ride through a history-making school year. *spread by Woody Brenton, Alicia Corron, and Stacie Bendixon*



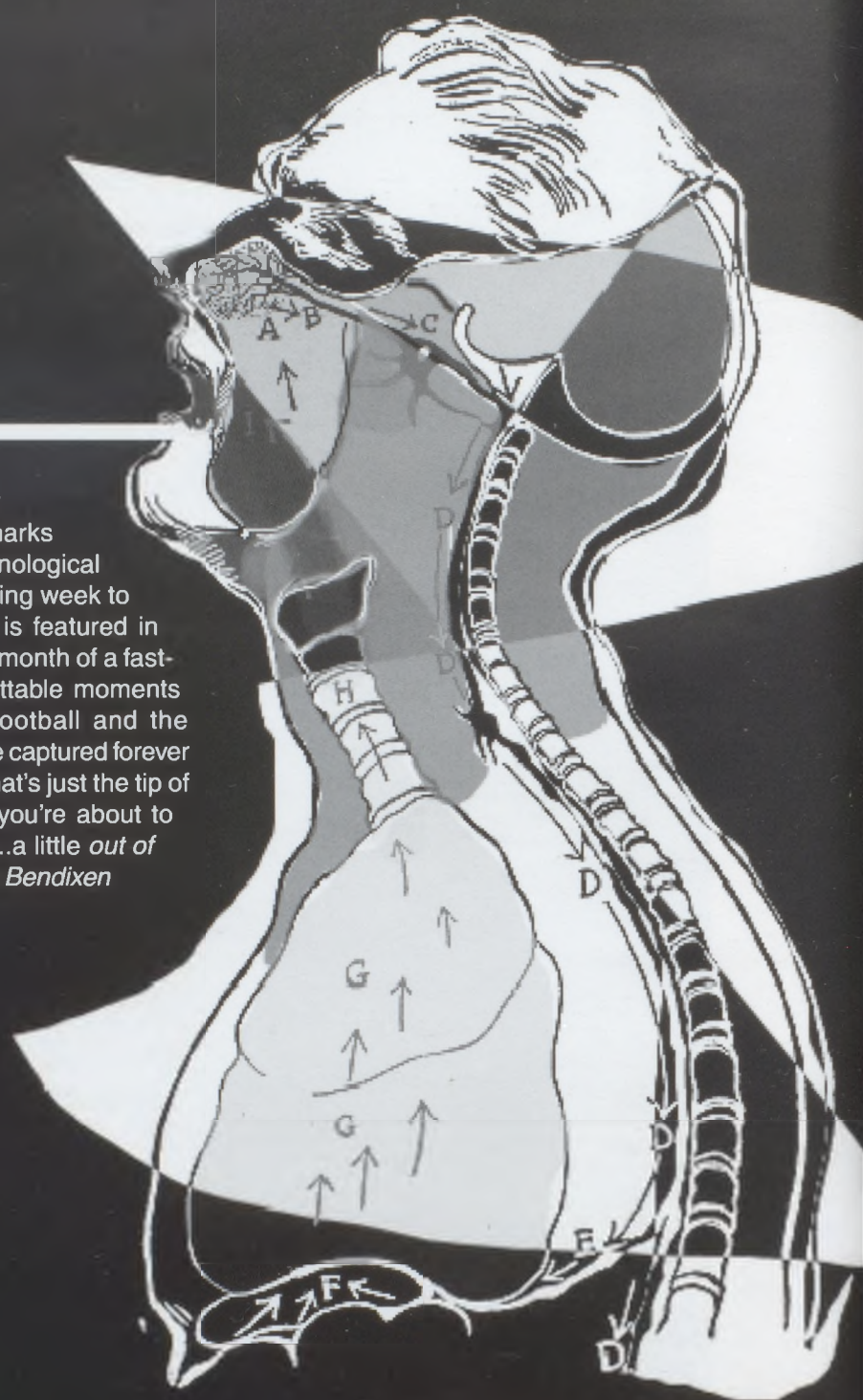
Shovel in hand, junior Alex Miller clears the snow out of "the living room." Several students occupied themselves day and night digging into a snow pile to create a series of rooms and tunnels. The compound was made in the Dahls parking lot on 86th in Johnston. Students had intended to stay the night in the ice castle, but due to warm weather the fort melted. *photo by Dani Martinson*

Opening



# Mouth

Just as the mouth is the first place the air goes when you take a breath, student life marks the beginning of a flourish of activity. In chronological order, everything from the thrill of homecoming week to the pomp and circumstance of graduation is featured in this section, along with highlights from each month of a fast-paced, action-packed school year. Unforgettable moments like the return of infamous powderpuff football and the culmination of a book banning controversy are captured forever in print and pictures on pages to come. Yet that's just the tip of the iceberg. The hurly-burly of excitement you're about to see come alive just might leave you feeling...a little *out of breath!* spread by Woody Brenton and Stacie Bendixen



## Student life



Divisions





Sipping on her orange soda, junior Alicia Corron quenches her thirst. Corron received a free limousine ride from her mother's friend, and invited eight of her closest friends for a night on the town. The limo managed to get stuck in the snow several times during a severe winter storm. *photo by Elizabeth Janes*



Smiling ear to ear, junior Molly Hanson gets a good tug on the sled from senior Liz Wong. The two of them enjoyed sledding all winter long, and managed to get out and sled nearly every time there was fresh snow. Hanson's favorite sled was her metal saucer. "Its fast and it turns you in circles." Hanson said. *photo by Rachel Vorm*





# Summer...

## (Caddy's job not quite Caddyshack)

During the Senior LPGA Hy-Vee Classic golf tournament at Hyperion in June, freshman Chris Williamson was given the chance to caddy for professional golfer Pam Allen. Williamson carried more responsibility than just the weight of Allen's bag. His job entailed knowing the yardages from where the golfer was on the green to the front of the green, to the pin and to the back of the pin. "Getting all of the yardings right is the hardest thing," said Williamson.

Along with the yardages, Williamson had to know which clubs were needed when, and he had to be perceptive of the obstacles that Allen would face while putting on the different greens of the course. Williamson was paid \$250 for caddying 20 hours over the four-day tournament and for sharing his advice.

When Williamson competed in the Iowa Junior Masters tournament in August, it was his turn to require a caddy. He recruited friend and fellow freshman Scott Cronin. As a caddy, Cronin wasn't required to learn the yardages of the course or the possible obstacles Williamson would encounter during the 18 holes he played in Ames. In fact, the tournament rules didn't allow the caddies to clue in their golfing partners about obstructions that would occur between the golfer's ball and the hole. After Williamson won fourth place, Cronin wasn't paid hundreds of dollars for his caddying services. Cronin did, however, receive a large Snickers® blizzard at Dairy Queen after he was relieved from his duties, compliments of Williamson.

(spread by Megan O'Toole and Sheena Wendel)



Spraying down the dirty car, senior Adam Hsu voluntarily spends a July afternoon washing senior Tyler Biggs' car. Hsu said, "Washing a car is like stealing bread for your family. You don't want to do it, but gosh darn it, sometimes you just have to." photo by Kristin Boscaljon

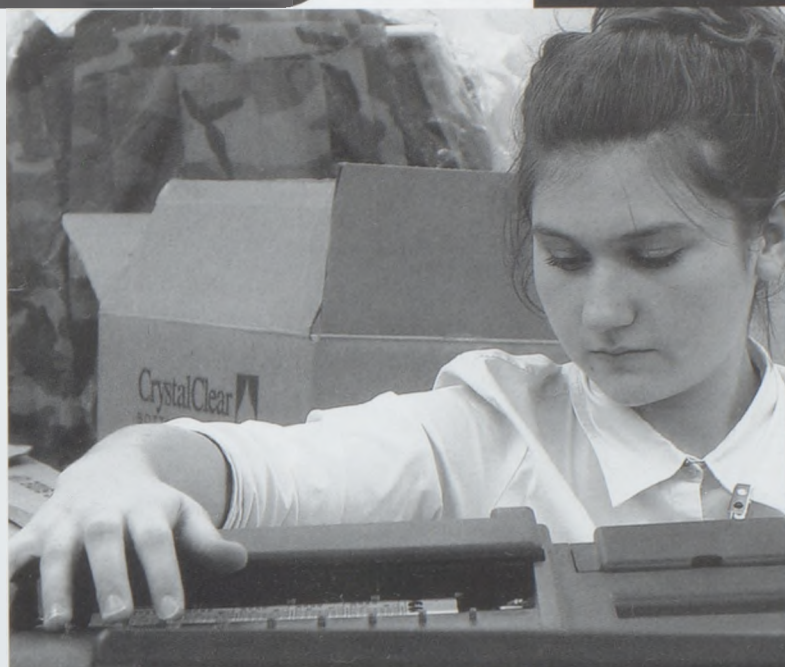
Soaring through the air, freshman Ryan Dickie welcomes the cool waters of the pool at the Hyperion Field Club. Dickie utilized Hyperion's facilities throughout the summer. He enjoyed spending time with his friends at the pool, and occasionally on the golf course. photo by Sheena Wendel







Smoke bomb enclosed in her hand, senior Rachel Vorm celebrates the fourth of July at her great aunt's farm in Elk Horn, Iowa. Vorm said, "Fireworks were a treat, because we had to drive through tornado weather to get them." *photo by Tyler Sloan*



Anxiously awaiting the arrival of the Powerball ticket, senior Andrea Kraft assists a Hy-Vee customer by seeing if his ticket is a winner. The results were positive, as the gambler won \$3. Kraft worked around 40 hours a week and divided her hours between assisting patrons in the Floral and Customer Service departments. *photo by Sheena Wendel*



Savoring the cool summer treat, junior Allison Dzubak and her charge, Allison Cane, take a break at Dairy Queen. Dzubak nannied for Cane and her brother, Jason, three times a week. Dzubak felt that cooking was the hardest part of the job because she had not yet mastered her culinary skills. *photo by Sheena Wendel*

## X-Box Parties

"We'd hook up 10 X-Boxes on four TV's with four controllers in each X-Box and play a game called Halo, which basically is a shooter game. After we got tired of playing, we would go to the gazebo in Green Meadow West and play football."

Sophomore Scott Sauber

## Summer bliss

### Camping

"I went camping with my grandparents (in Southwestern Iowa). We went riding in the boats and camped around the fire each night."

Junior Tyler Lawrence

### Trouble

"Me and my friend stole her mom's car and went and took a Christmas tree out of someone's garage. We were trying to make a Jackass movie, but her mom found out and we got caught."

Freshman Anne Hayward





# Summer 2...

(spread by Rachel Vorm)

Eyeing his guidelines, freshman Kim Wiratsorn securely screws together a homemade crate. Wiratsorn and his family spent hours every day building particleboard crates, making up to seven per day. The crates were used for distributing tile making equipment parts. All of the products were exported to various places around the world for Wiratsorn's father's business, Molds & Dyes. photo by Rachel Vorm



Trolleying a cement block chair, senior Joshua Fredregill loads his trailer for a shipment to the Johnston Public Library. Fredregill and other Boy Scout members lent a hand on his Eagle Scout project, which was to build tables and chairs for the library. They made four tables, including chairs along with five benches, that were displayed outside of the library. Attached to one of the created chairs was a plaque that recognized their work. photo by Rachel Vorm

Tempting her dog with a treat, senior Jessica Droogsma glees in excitement as Moses takes a leap for a biscuit. Moses, a Vizsla, was flown in from New York to be used as a show dog. Moses's father was an award winning show dog in New York. Molly, Droogsma's other Vizslaian dog, was retrieved in Iowa from the streets by a rescue foundation, but is not used as a show dog. photo by Sheena Wendel



Junior Frank Cochran hovers over a box on his skateboard preparing to shred the round metal pipage, also known as a rail. Cochran frequently ravished the box, which belonged to Dowling junior Simion Weiss. Cochran said, "Skateboarding, along with Tupac and cigars are my life." photo by R. Vorm





Senior Jesse Baird hacks his sack up into the air at Olympic Park's brick court in Atlanta, Georgia. Baird and fellow St. James Lutheran Church members flew to Atlanta and visited for a national Christian youth gathering held at the Atlanta Dome.  
photo by Sheena Wendel



Who said you can't be  
**A** Rockstar on your  
Summer Vacation!

Cupping a misshapen tone, freshman Nathan Lockner works his way up the imitation rock cliff at Gameworlds, an arcade in Las Vegas, Nevada. Lockner and family travelled to Las Vegas where they vacationed and bured "sin city." Gameworlds had three levels of arcade games and also a climbing tower. Lockner shimmied up the 75 ft. rock wall in three minutes flat.  
photo by Lindsey Lockner

## News Shorts

Local/State/National/World

### 25th of June...

Dale Woller, a local officer, found an 11,500 year old Wolly Mammoth tooth while responding to a routine trespassing cal. The tooth was sticking out of the hallet gravel pits on N.W. Beaver Drive. Woller had yet to decide if he would keep it or sel it on e-bay.

### 31st of June...

In Lutz, Florida a nudist camp for kids ages 11-24 began. The AANR (American Association for Nude Recreation) funded the camp for the children of America to have a place to be nude. The camp hosted regular activities such as swimming, camp fires and basketball.

### 9th of August...

Liberian rebels and government soldiers, some aged 12 andyounger, were reported assaulting thousands of girls and women under the cover of war. More than 600 rapes have been documented in Monrovia, but it is a smal fraction of the real figure.

### 14th of August...

In New York City and surrounding areas the biggest blackout in American history caused several problems and cost millions of dollars. The power outage lasted weeks and crimes such as theft, fires, murders and other tragedies also added to the disaster.

### 29th of August...

The second lawan to die in 2003 of the West Nile disease was identified. She was in her late seventies and was infected by a mosquib. Also reported that 64 counties in Iowa have West Nile and it is prominently taking casuaties of people over fifty years of age



# September...

## (Car arson causes questions)

On a seemingly ordinary Labor Day weekend, junior Kendall Schuck woke at 5:30 Saturday morning when she heard a loud explosion. Schuck looked outside to find her car engulfed in flames, so she ran to her parents' bedroom and screamed, "My car's on fire!"

The fire department quickly searched the neighborhood for her house after receiving the desperate call from Schuck's mother. However, they got lost and arrived ten minutes late to the scene. While they were on their way, Schuck's father got a hold of the water hose to put out the flames that were creeping onto his neighbor's lawn.

Officer Jack Kamrick and his team, who handled the case, originally suspected that the cause was an electrical problem within the car. A few hours into the investigation, they ruled out all electrical problems and discovered that an arsonist was behind the incident. They then found two other incidents of vandalism similar to Schuck's that same night in her neighborhood. Kamrick wasn't able to formulate any suspects for this case.

"I thought it was a dream. It was unbelievable," said Schuck. To her relief, the insurance company refunded the retail value of the car, allowing it to be replaced.

(spread by Alicia Corron)

Junior Kendall Schuck's Pontiac Firebird was completely destroyed over Labor Day weekend. The police believed that the vandals poured gas on the hood, trunk and back tire in order to ignite the car. Schuck said when she arrived at school, all of her friends already knew about the incident from the news. *photo provided by K. Schuck*



Preparing to make doughnuts in her kitchen, senior Andrea Whitaker pours milk to fortify the sweet dough. Whitaker hosted the get-together with seniors Rachel Vorm, Becca Smith and Kaylynn Williams. Later they enjoyed the delicious doughnuts after letting them cool. Topping it all off, they dressed up the doughnuts by adding a bit of sugar. *photo by Rachel Vorm*



Waiting for the arrival of junior Jeff Munn, sophomore Jake Baltzley puts on the practice green at Jester Park Golf Course. With Munn's arrival Baltzley golfed along with sophomores Brady Nurse and Daniel Rottenberg. "(When I play golf in my spare time) I always make up sayings. I yell really loud when I make a good shot. And we make fun of each other when we shoot bad," said Baltzley. *photo by Simpson*





Belting out the words to the National Anthem, senior Jason Holland replaces the recording that is regularly played at sporting events. Holland planned to continue singing at volleyball games, like this one, and future basketball games. *photo by Woody Brenton*

## News Shorts

*School/Local/State/National/World*

### 10th of September...

Seniors Adam Hsu, Keegan McAllister and Scott Walter qualified for the National Merit semifinals. The competition began in Oct. 2002 with the PSAT. Then they turned in their applications and SAT scores, qualifying them as finalists. Final scholar results would be announced in spring 2004.

### 13th of September...

Members of the 1034th Quartermaster Company returned home to their families who were anxiously awaiting their arrival. The company was mobilized on Feb. 17, 2003 to serve in Afghanistan. The celebration was held at Camp Dodge in Johnston.

### 19th of September...

The Iowa State Cyclones dominated the football field with a 40-13 win against the University of Iowa's Hawkeyes. The game resulted in the highest attendance of any ISU game, bringing in 53,488 fans, topping the Nebraska game in 2002 with an attendance of 51,888.

### 25nd of September..

The California press announced that actor Arnold Schwarzenegger would run against Gov. Gray Davis, along with many other candidates, in the California governor recall election. The total number of recall candidates was 135, and the estimated cost for the election was \$58.5 million.

### 27th of September..

Dealing with the CIA leak, the Justice Department launched an inquiry into whether the Bush administration broke the law by saying that Joseph Wilson's wife was an undercover CIA agent in the Middle East. Later, the White House denied accusations that Bush's top adviser was behind the leak.

Freshman Cole Cochran accumulates apples at a neighbor's house with his friends on a warm fall day. This was Cochran's first time harvesting apples from this particular tree. At the conclusion of the day, Cochran and friends threw the apples at each other instead of eating them because they discovered the apples had an unpleasant taste. *photo by Rachel Vorm*



# Homecoming...

(Bringing back an old tradition)

Student Council took a leap of faith as they brought back powderpuff football to celebrate homecoming week. Powderpuff used to be an important part of school tradition, but was taken away 13 years ago due to issues with safety and the school's insurance. "People were out to intentionally hurt other people, and there were too many injuries for it to be a safe activity to continue having around," said guidance counselor Dale Doudna.

However, powderpuff was given another chance. The administrators hoped that this time there wouldn't be issues with safety.

Safety wasn't a problem for junior Mallory Beck. She enjoyed her experience as a player for the junior powderpuff team. "We were given defensive, offensive and head coaches. We even had a motivational speaker. Add the practices and pasta dinners, and I felt like I was on a real football team preparing for the Super Bowl," she said. Beck enjoyed her first powderpuff experience so much, she plans on participating again her senior year.

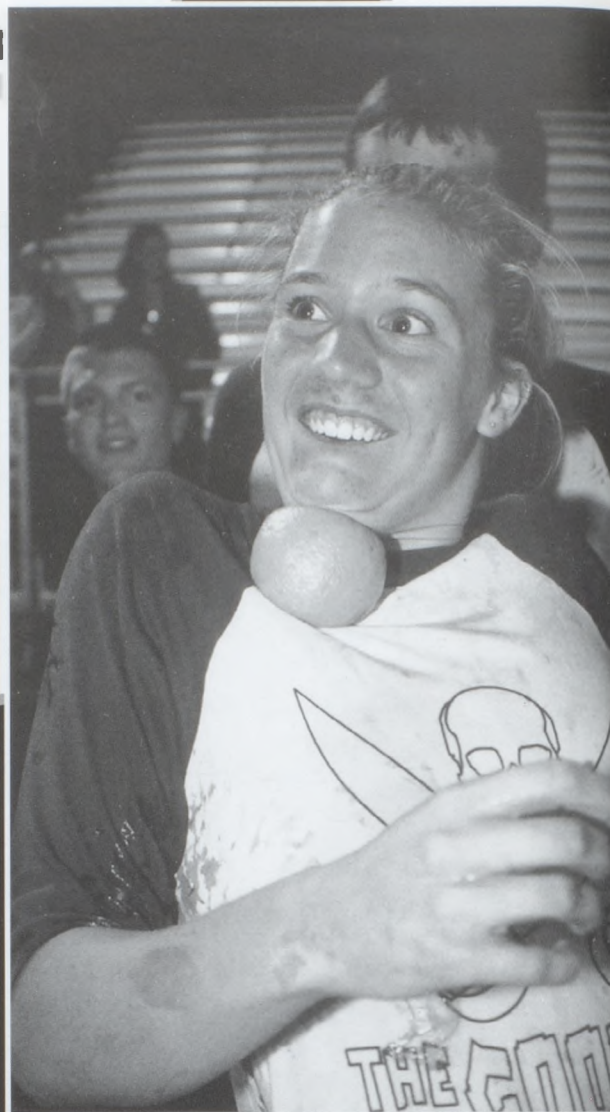
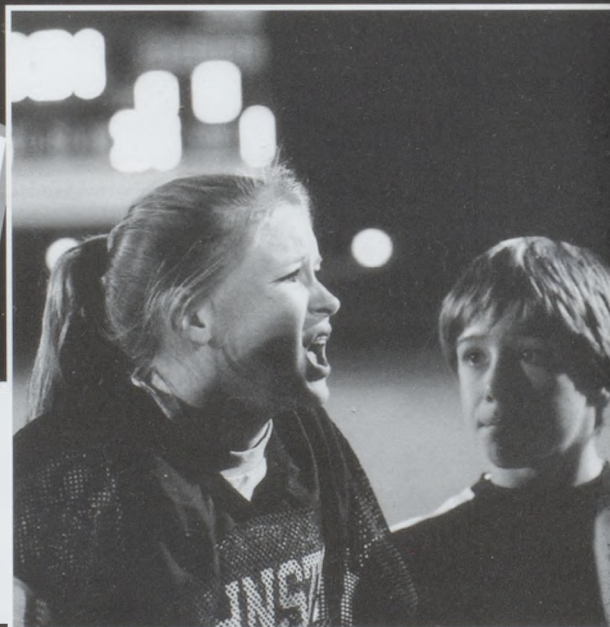
(spread by Kristin Boscaljon)

Seniors A.J. Kohles and Neal Parenza hoist their friend, senior Seth McClellan, on their shoulders after the coronation ceremony. McClellan was elected for homecoming court, although the crowns were given to seniors Derek Retherford and Toni Chrisman. *photo by Kristin Boscaljon*



Burying her face in a dish, junior Molly VerMulm searches for a piece of licorice amidst the pile of whipped cream. VerMulm competed for the Mega Chiefs in the Rock Around the Clock tie breaker against their opponent, the Bad Boys. The tie breaker took place at an assembly four days after Rock Around the Clock. The Mega Chiefs were victorious over the Bad Boys earning them first place. *photo by Nathalie Hurm*

Freshman Taylor Gowey argues with her powderpuff coaches, freshmen Jon Hoffman and Josh Kintz, about their choice of plays. Gowey scored the first and only touchdown for the freshman team. To do this, she changed the type of play the team was going to run without her coaches' consent. *photo by Nicole Jansen*





## News Shorts

### School/Local

Her focus set on winning, senior Martha Meiners passes an orange to her fellow Rock Around the Clock teammate. This was Meiners second year participating in Rock Around the Clock. Her team called themselves "The Goonies," after the well known 1985 movie. *photo by Afton Simpson*

Concerned for the safety of others, biology teacher John Harris breaks up a forming mosh pit. Harris stopped the mosh pit because he feared students, not paying attention to their surroundings, would be injured. Harris was also afraid the seemingly harmless horseplay would escalate into something more dangerous. *photo by Alicia Corron*



### 15-19 of September...

*In honor of Homecoming week, staff and students dug into their closets to find something to wear for dress up days. The dress up days included Rock Around the Clock day, Pajama (Toga) day, Decade day/Powderpuff/Pirate day and Spirit day.*

### 15th of September...

*Rock Around the Clock was moved from its traditional Thursday night spot to Monday night. This was done to make room for the powderpuff games in the Homecoming lineup. Despite the change, students still enjoyed their favorite games, such as the Pudding Slide.*

### 19th of September...

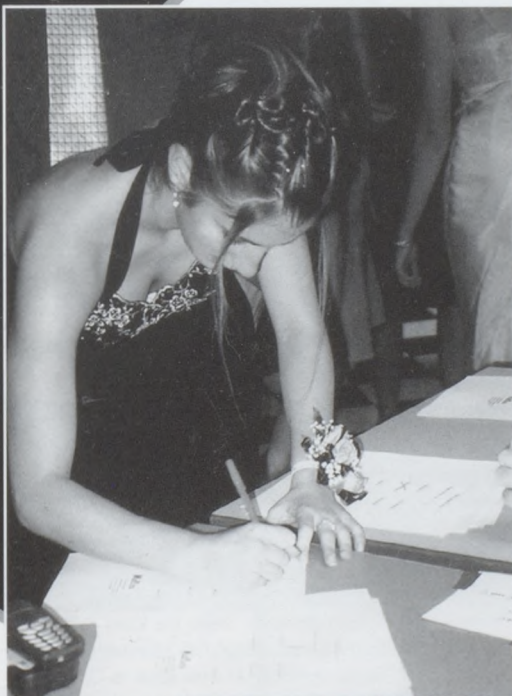
*Mason City felt the sting of defeat as the home team won their homecoming game for the second year in a row. The final score of the game was 42-22. Because the parade was canceled, due to rain, students were able to buy raffle tickets to vote for their favorite class float before the game.*

### 20th of September...

*The dance was held at Val Air ballroom, rather than the usual high school location. Students reacted positively to this change, even though ticket prices were raised to eight dollars to cover the expenses. The nicer facilities provided air conditioning and more room to dance.*

### 22nd of September...

*Freshmen and sophomore powderpuff players kicked off the night as they battled each other to see which grade would reign supreme. The juniors and seniors took the field shortly after that. In both cases, the older grades won and proved their superiority.*



Patently waiting in line to get her picture taken, sophomore Megan Letizia selects her picture package. Letizia attended the dance with her boyfriend, freshman Jonathan Bunting, who paid for all the pictures. "We bought as many pictures as we could," said Letizia. "our total came to about \$35." *photo by Alicia Corron*



# October...

## (Literary Controversy)

A swirl of controversy arose surrounding two Freshman English novels, *The Chocolate War* by Robert Cormier and Maya Angelou's *I Know Why the Caged Bird Sings*, sparking a dispute over their appropriateness as high school literature. Parents expressed concern over sensitive issues portrayed in the books, such as rape and masturbation. In July, parent Amy Luers filed for an official curriculum review.

In response to the concerns, the administration followed protocol by forming two review committees, one for each book. Each consisted of a middle and a high school student, a teacher, a parent and an administrator. Both committees recommended keeping the novels and creating an entirely separate class of Freshman English for students whose parents did not approve of the books in question.

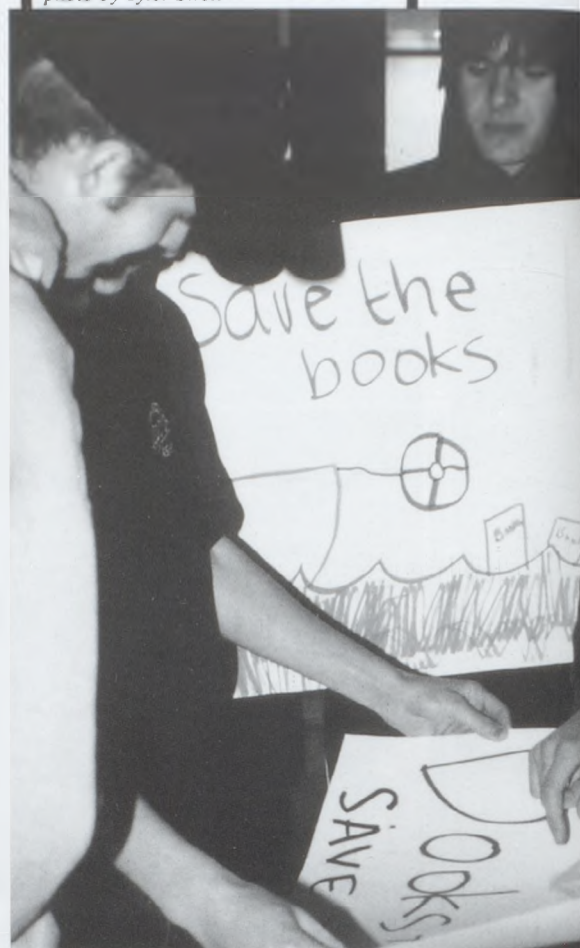
The school board met on Oct. 28 to make the final ruling on the fate of the books. About 50 students, teachers and parents met at the school and marched to City Hall in protest of the possible banning, then attended the meeting to witness the outcome. Among them was student body president Corey Goerd. "I think that students are mature enough (to read both of the books)," he said.

In the end, the board voted unanimously to keep the books in the curriculum with an alternative class available, bringing the prolonged debate to a close. "We just want to do what's right for the students," said board member Jill Morrill.

In November, a total of 13 students had signed up to be in the alternate Freshman English class. By the time January came along the total rose by 16.

(spread by Lindsey Lockner, Tyler Swett and Stacie Bendixen)

Preparing to protest, junior Alex Hammer and sophomore Peter Holmgren examine the signs that they are about march with. Students protested the possible banning of two books in the freshman curriculum.  
photo by Tyler Swett



## Scare Factor



### Haunted Forest in Ames: 🐼 🐼 🐼 🐼

"It took about two and a half hours to go through. They had chain saws that they chased you with. I went with Chase Baungartner. He made it really fun and made a big deal over how long it took."

-Brent Barz '07



### South Ridge Mall: 🐼

"It wasn't scary at all. The people tried to make it scary. They followed you with chessy costumes and tried to scare you. It was also only about 5 minutes long."

-Riely Richter '06

Out of 5 ghosts



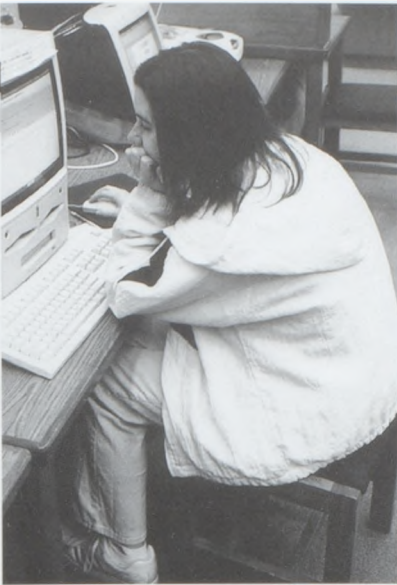
Racing the clock, senior Joe Shaw shifts his 1995 Acura Integra GS-R into high gear at the Hawkeye Downs Race in Cedar Rapids. Shaw recieved a personal record of 55.4 seconds, which placed him fourth place out of seven cars in the competition.  
photo by Gray's Photography





# News Shorts

School/Local/State/National/World



Anticipating the end of her MIALTs, junior Kristen Badgley examines and selects the answer to her last question in her comprehension test. "I did pretty well, but they didn't help me at all academically. The stuff was either so easy, or I had never learned it," said Badgley. *photo by Lockner*

Swinging with her all, senior Elizabeth Dieseth attempts to hit the pinata at the clarinet party. The party was held on Oct. 25 to celebrate the end of the marching band season. *photo by Stacie Bendixson*



## 7th of October...

Des Moines city leaders decided to forge ahead with plans for the Downtown Gateway West Park, despite Polk County's reluctance to lend \$12 million. The park was a total of \$35.5 million. It was part of an effort to revitalize the downtown area.

## 12th of October...

Arnold Schwarzenegger was elected the governor of California after a recall was issued to have former governor Grey Davis removed from office. Schwarzenegger received 49% of the votes. Other candidates included Gary Coleman, Larry Flint and Gallagher.

## 22nd of October...

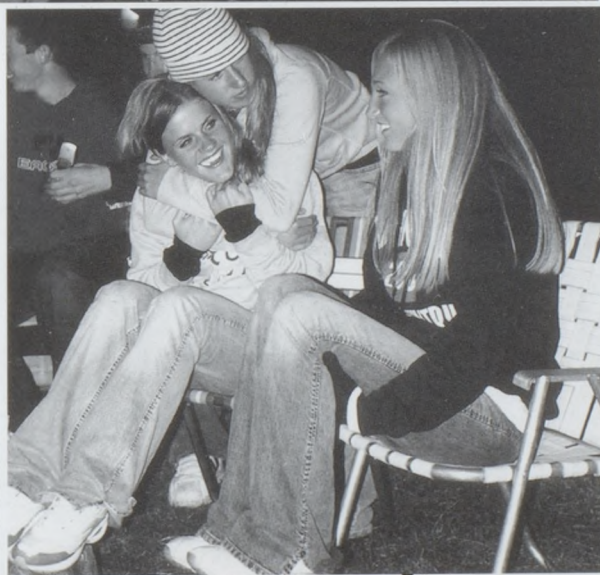
In Laurens, Iowa, 14-year-old old Bryce Wiley received numerous warnings of getting \$15 tickets for riding his wheelchair on the streets. His parents filed a complaint to the city. After deliberating, the city council decided he must have safety lights and follow all street laws.

## 27th of October...

It was said to be the bloodiest day in Baghdad since the end of major combat and the ousting of Saddam Hussein. Suicide bombers hit the Red-Cross headquarters and three police stations, resulting in 35 deaths. One U.S. soldier was killed.

## 31st of October...

The football team made it to the play-offs after beating Urbandale 17-14. This was the first time they made it since they joined 4-A. However, they lost in the first round after losing to Valley 49-7. Their final record was 6-3.



Sophomore Abby Green, junior Dani Postel and senior Stephanie Robinson converse and try to keep warm at a Fellowship of Christian Athletes bonfire. The bonfire was held after the a football game against Indianola at junior Steven ltes' house. *photo by Lockner*



# November...

## (The 62nd Street Blackout)

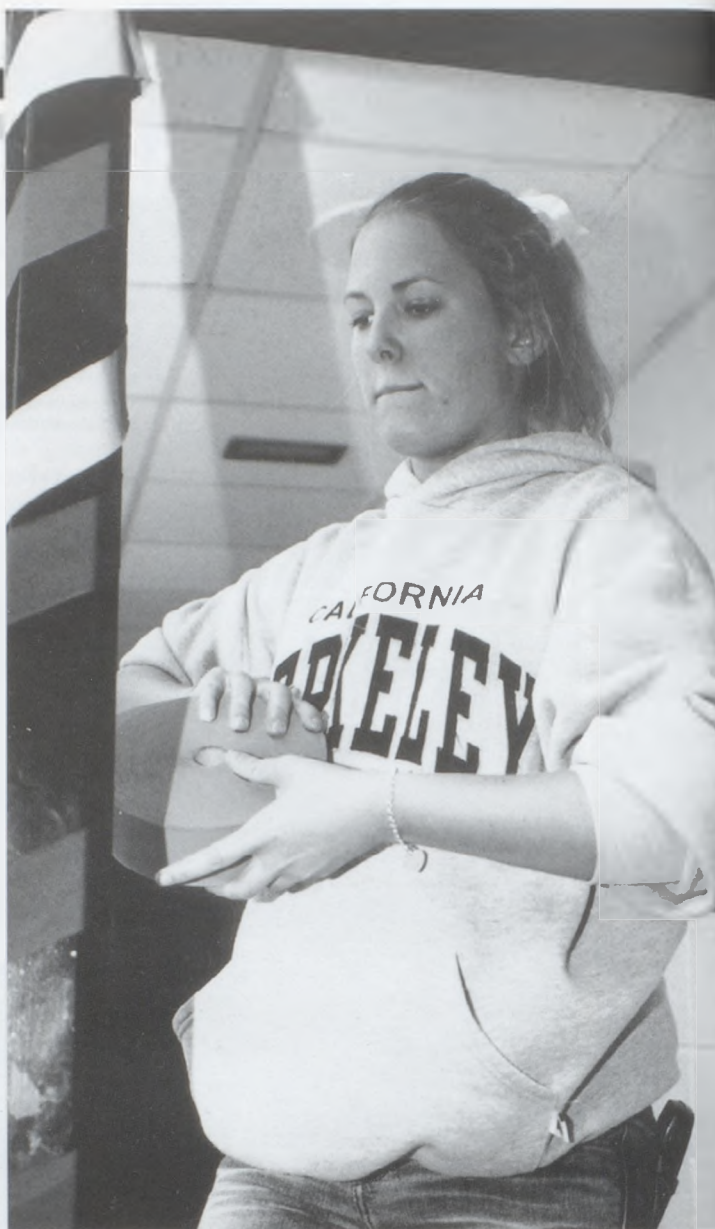
It seemed like an average day; fifth hour and B lunch were drawing to a close when suddenly the whole school went dark. The power had gone out, not only at the high school, but all of 62nd Street also lost power. The power outage was a direct result of construction on Beaver Drive, where workers cut a main feeder line on Nov. 14, according to the district's Assistant Director of Buildings and Grounds Tim Cline.

Freshman Tana Friesth was in the lunchroom when the power disappeared, where she said students made a lot of noise. When the power did not immediately return and Friesth realized the halls were also dark she noticed that the outage might not be a simple malfunction. "I was wondering if we were going to get out of school or when we would have power," said Friesth.

At passing time, messages were spread from teacher to teacher that they were to continue on the normal schedule, as there was no bell or intercom. Teachers pulled out flashlights, and although some tried to teach, others waited.

According to Cline, the power returned after it was re-routed by construction workers, concluding the outage, which lasted about a half hour.

(spread by Sheena Wendel)



Shining light on a dark situation, sophomore Kyle McCracken uses a flashlight to help keep class going during the Nov. 14 power outage. McCracken participated in Jackie Sapp's health class, where Sapp attempted to continue to teach students through the outage. Sapp, along with many other teachers, had the flashlight on hand for this type of emergency. *photo by Alicia Corron*



## Turkey Time

Sophomore Kaylee Richter

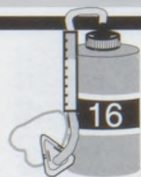
"I went up to Storm Lake, where I ate with my dad's side of the family. We watched the Macy's Day Parade and I helped my aunts cook a little bit."

Sophomore Tim Gannon

"I went to my grandma's house. I ate turkey, mashed potatoes, green beans with the little onions on top, and pecan pie with ice cream and whipped cream on top."



Sandwiched between parents Jim and Debbie Binnie, senior Jimmy Binnie signs a contract to play basketball for the Dayton Flyers of the University of Dayton. Binnie received a four-year scholarship. *photo by Kristin Boscaljon*





Junior Amanda Cook adds spirit to even the simplest pole. Student council, cheerleaders and other volunteers decorated to support the football team going to state. *photo by Simpson*

Stretching, sophomores Robyn Norris and Emily DePenning prepare to run the Living History Farms race. Norris said, "I thought it would be a lot of fun, because Emily told me about running it last year." *photo by Alicia Corron*



Presidential hopeful Howard Dean speaks, as seniors Andrea Kraft, Alex Kovacevich, Jessica Droogsma and Brecca Hoffman intently listen from the first row. Dean stopped on Nov. 3 while on his campaign trail. Seniors took part in making Dean's appearance possible by phoning his office. The seniors also attempted to get other presidential hopefuls to come, although the others declined. After Dean spoke, students had the opportunity to ask questions. *photo by Ryan Witt of Dean for President*



Senior Jenna Woody completes an order at The Coffee Merchant on Merle Hay Road. Woody did not drink coffee, but said, "I drink a lot of tea and pop. I usually drink around three or four of the huge 73 cent Quick Trip pops a day. If I drink too much caffeine, my hands will start to shake." *photo by Amanda Cook*

## News Shorts

School/Local/State/National/World

### 4th of November...

Johnston voters elected Mayor Brian Lorenzo and city council members Mary Davis and John Temple to represent them in a regular city election. Lorenzo ran unchallenged, but Temple and Davis each were elected over three other candidates.

### 15th of November...

The Jefferson-Jackson Day Dinner was held at Veteran's Memorial Auditorium to raise money for the Iowa Democratic Party. Six of the nine Democratic presidential hopefuls attended, along with United States senator and former first lady Hillary Clinton.

### 25th of November...

The United Nations Food and Agriculture committee reported that the number of hungry people has swelled in recent years, especially in sub-Saharan Africa. The UN cited war, drought, AIDS and trade barriers as sources of the problem.

### 26th of November...

Actor Ben Easter visited Phyllis Caswell's drama classes. Foreign language teacher Sue Boyle arranged Easter's visit, as she knew him from coaching him on the Valley swim team. Easter has been in movies such as Mary-Kate and Ashley Olsen's Holiday in the Sun and Pearl Harbor.

### 27th of November...

President George W. Bush was a surprise guest at a Thanksgiving dinner in Baghdad, where he thanked about 600 soldiers for their work in Iraq. Bush dined and thanked the soldiers at the mess hall in Baghdad International Airport. He was the first American president to visit Iraq.



# December...

## (Return of the King brings a return of the lines)

The final addition to the Lord of the Rings trilogy aired on Dec. 17, bringing the *Return of the King* to theaters. Millions of people, including many Johnston students, trekked to their nearest movie theater to view the screening. Unlike a normal cinematic event, some students and other patrons chose to wait grueling hours to receive tickets and watch the movie.

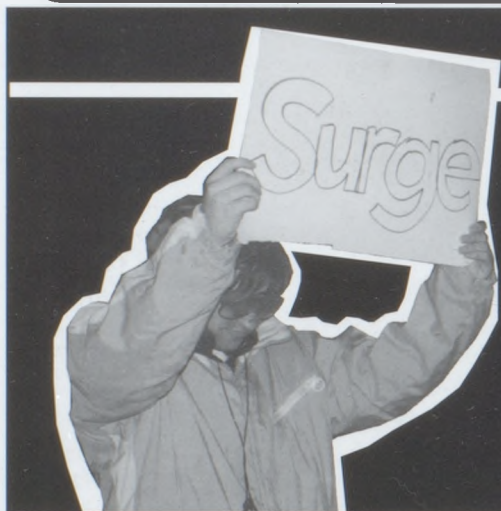
"I went to the 12 o' clock showing and also two times more, but I had to wait in line for hours and sometimes I couldn't even get tickets. I wanted to bomb the theater, because I was so frustrated," freshman Eric Stodla said. Stodla went to the opening night of the show and attempted to go many times more. According to Stodla, he fell in love with the series first within the novels by J.R.R. Tolkien.

According to reviews, *Lord of the Rings* was the top selling movie for the month of December, which accurately corresponded to the number of fans and the constant selling out of shows. But even long lines couldn't stop some determined students.

"I love the *Lord of the Rings* and I didn't mind waiting three hours in line to see the movie, it just makes the movie better," senior Stephanie Wilmore said.

Movie theater workers around Des Moines felt the wrath of Peter Jackson's *Return of the King*'s mass popularity. "We had tickets sold out weeks in advance, and always had lines that ventured halfway down the block. It (*Return of the King*) made the theater a lot more busy than usual," said Wynnsong 16 manager Megan Riley. Customers were able to buy tickets a week in advance, but still had to wait in line before getting their ticket torn.

(spread by Rachel Vorm)



## D.J. Colorado

Holding up his lyrical sign, senior Nash Wiley helps add to the song as a disc jockey. Wiley made the beats for the songs that Lil Moby Dick, a.k.a. senior Andy Pilkington, sung and rapped to. DJ Colorado was Wiley's DJ name. At the actual performance located at the House of Bricks, an Urbandale bar, Wiley didn't "scratch" on his turntables or spit out beats; he simply stood behind a boom box and held signs. The rap group that Wiley DJed for was called "The Pound," which included rappers Lil Moby Dick, Willabong and T-bag Doom. photo by R.V.

From left to right

1 2 3

Starting the "H" on "Happy Birthday," junior Brittney Hibbs takes some time during study hall to create a birthday banner as a gift. The banner was created for English teacher Amy Lane's son Carter, who turned one and had his birthday party on Dec. 2. photo by Rachel Kristine Vorm

Preparing a delicious batch of chocolate chip cookies, freshman Megan Bendixen pours from the bag of red and green colored chips. "I probably made close to one hundred cookies total," said Bendixen. They were used for gifts for family and friends. photo by S. Bendixen

Eye on the needle, senior Alli Pike concentrates while sewing her handmade scarves she distributed as Christmas presents. "I made scarves, because I was broke and they were a nice, cheap, easy present," said Pike, who made a total of six scarves total for her friends. photo by Rachel Vorm





# News Shorts

School/Local/State/National/World

Leaving a trail of snow flying behind him, sophomore Nathan Vorm travels through the air while grabbing his waxed-up board. Vorm snowboarded at his mother's farm in Logan, IA, whenever there was snow. Vorm only got to snowboard twice though, due to a lack of snow. photo by R. Vorm

Selecting the invitation that struck her fancy, senior Alex Kovacevich circles choice three. Seniors took advantage of choosing their own graduation invitations when the Herff Jones company came lurking for the students' graduation envelopes. The envelopes were for ordering their cap, gown and other essential graduation items. photo by Rachel Vorm

## 1st of December...

Police in Waterford, IA found a body inside of a car that was ablaze. The car, which included a human carcass, was found while police were responding to a report of a brush fire. Waterford police deemed the case as a homicide, due to previous similar murders.

## 10th of December...

Paige Davis the host of Trading Spaces, came to Des Moines, Ia to promote her book entitled Paige by Paige: A year of Trading Spaces. Mayor Preston Daniels announced this day as "Paige Davis Day" and she was even presented the key to the city.

## 12th of December...

Three siblings were kidnapped from their grandmother's home in County, GA. The Pardue family siblings were abducted by their parents, who lost custody of their three children. The police found the children with their parents in Altoona, IA.

## 13th of December...

In Adwar, Iraq Saddam Hussein was captured by U.S. forces. Hussein was found in a spider hole near a farmhouse, using an exhaust pipe to breathe out of. He was found with two body guards, \$750,000 worth of cash and some small weapons. A 600-soldier search brought to his fall.

## 31st of December...

As a result of the need for bigger lockers, new lockers were put in place of the older, smaller ones. One hundred & forty new lockers were fixed into position during winter break by custodians and other hired workers. The new section installed was the 700-800 wing of lockers.



# January...

## (Double homicide hits close to home)

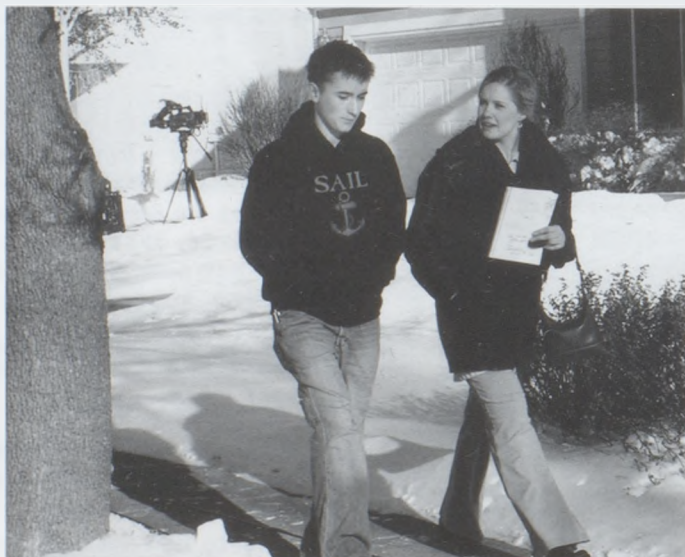
The Johnston police department received a call on Jan. 27, asking them to stop by the residence of sophomore Tyler Pirtle. A double homicide had been committed and, in a media release that day, the police asked for help finding a missing red 1995 Mercury Mystique that belonged to one of the victims. They also announced there was a material witness warrant issued for Pirtle. At the time, Pirtle's father was out of the country and people were still in the dark as to who was responsible for the murder.

When students came into the school the next day, they found police at every parking lot entrance. Doors to the school were also locked, excluding the main entrance. Freshman Rebecca Stoeker didn't know Pirtle, but her reaction reflected that of many students. "I was so scared and shocked. I never thought this would happen this close to home," Stoeker said.

Others, however, had an idea that something similar was going to happen. Sophomore Mick Noble was a close friend of Pirtle's since sixth grade. According to Noble, Pirtle said he was going to kill someone prior to the actual event. "He called me Sunday night (Jan. 25) and told me he was going to murder someone. I didn't take him seriously because he was drunk," Noble said. "When I found out what happened, I was really sad. I wish I would have told someone."

Two days later, Pirtle committed suicide on the border between Colorado and Utah with a self-inflicted gunshot wound to the head. He drove off the road when detected for speeding by a highway patrolman. The same day, sophomores Dan Ostrom and Andrew Shields made a wooden memorial plaque for him and had his peers sign it. Noble planned to drive with sophomore David Foshe and Ostrom to Colorado and place it where Pirtle had died.

(spread by Kristin Boscaljon and Afton Simpson)



Walking alongside a *Des Moines Register* reporter, senior Duncan Skinner discusses his feelings on the double homicide. Skinner knew Pirtle was his neighbor, and was informed of the murders during his eighth hour American government class. photo by Kristin Boscaljon



Registering to vote in the Johnston Middle School cafeteria, junior Shabrean Nead talks with seniors Megan McCravy and Megan Kempf at the Democratic caucus. Nead voted for presidential hopeful Howard Dean, but shifted her support after Dean's "screaming rampage" speech that was broadcasted nationwide. "I now support (George W.) Bush," Nead said. At the time, Nead was only 17 years old, but turned 18 on Feb. 8.

photo by Bosco



Sophomore Ben Hokscho passes time playing basketball in the cafeteria with friends while waiting to self-schedule. According to Hokscho, lunch lady Gloria Keenan joined in the game for a little while. *photo by Afton Simpson*

In search of a soundtrack for a world literature project, juniors Ashley Raes and Emily Bibler flip through CD's at Johnston Public Library. Raes's assignment was to make a commercial promoting the class. "Emily was a good help because she knew where that genre of CD was located," Raes said. *photo by Kristin Boscaljon*



Placing their completed ballots into a shoe box, sophomores McKenzie Fisher and Abby Morris vote for winter formal court. Morris's vote, however, wasn't enough to tip the scales in favor of her candidates. The crowned king and queen were seniors Jason Holland and Nina Lu. Along with a crown, Holland was given a light saber by the winter cheerleaders to celebrate his success. *photo by Kristin Boscaljon*



Careful not to spill, sophomore Jason Deal ladles soup into a styrofoam bowl during his five-hour shift at Subway. He began working there in September, right after his 16th birthday. "I really like working at Subway," Deal said. "It has a very relaxed atmosphere, and I like how my friends can come in to visit me while I'm working." *photo by Kristin Boscaljon*

## Bringing in the New Year

### Dani Postel



"I was at (junior) Jon Palmer's house. At midnight, we threw some Christmas trees in a bonfire. There was a huge flame and people were swinging across it on a rope."

'05

### '07 Matt Bengtson

"I was in trouble, so I stayed home. I slept and watched bowl games all day long."



## News Shorts

School/Local/State/National/World

### 5th of January...

Winter break was held Dec. 20-Jan.

4. Because of the lack of snow, many people had to go elsewhere to find their winter wonderland. During break students had time cram for their first semester final exams, which were taken after break.

### 5th of January...

Entertainer Britney Spears annulled her marriage to childhood friend Jason Allan Alexander. The two joined in civil union at around 5:30 a.m. in a Las Vegas wedding chapel. The couple agreed that the marriage that lasted only 55 hours was a mistake.

### 19th of January...

The first 2004 Democratic caucus attracted many Iowans to vote for their favorite candidate. Although Dean received support from Johnston students, he placed third in Iowa. A party was held afterward for Dean supporters at the Val Air Ballroom.

### 22nd of January...

China succeeded in becoming the third nation to put an astronaut into orbit. In the next several years, China planned to launch a moon probe and land an unmanned vehicle on the moon. Their goal was to accomplish this five years before the United States.

### Month of January...

A total of eight homicides were committed in the Des Moines area during the month of January. This was in stark contrast to the ten homicides that were reported in the previous year. The homicides committed by Pirtle were the first in Johnston in 20 years.



# February...

## (Spending spare time in the snow)

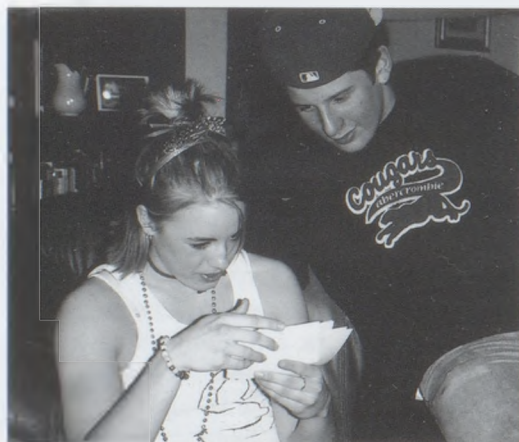
Sculpting 24 inches of the accumulated snow, a group of junior friends spent their spare time in the Dahl's parking lot. Twelve days of work went into constructing a gigantic fort from piles that were collected by snow plows. The fort included secret passage ways, a love seat, defensive walls and three slides all created from snow.

Three juniors and a senior were the founding fathers that adventured out to seek a huge snow mound to begin the building of a fort after an early dismissal day. "We got kicked out of the school parking lot where we were trying to build the snow fort originally, because they said it was a liability issue. I remembered seeing a pile at Dahl's, so we went there," junior Peter Langston said.

As others heard about it they joined in on the fun. "We spent a lot of time there after school until late at night. There was even one day that we spent working on the fort instead of preparing ourselves for our basketball game that night," junior Mike Mertz said. The guys even had plans to spend the night in their snow fort, but the weather took over and melted the snow before they had a chance.

With the expansion of the fort, the group started attracting publicity. KCCI Channel 8 News came out and filmed a feature segment for their six p.m. and ten p.m. news. Then the First Assembly of God was prompted to film a commercial there with construction going on in the background. The fort not only attracted media attention, but also the interest of the sophomore class. A group of sophomores started a fort of their own across the parking lot which sparked competition and two snow ball fights, resulting victoriously for the juniors.

(spread by Ashley Meade and Dani Martinson)



Remembering the moments caught by old photographs, junior Brenden Furrow helps sophomore Abby Morris celebrate her 16th birthday. Due to her leap year birth date, Morris celebrated what was only the fourth occurrence of her actual birthday with a surprise party. Furrow was in charge of stalling Morris and then getting her to the party. "I had to get her back to her house for the surprise, so I told her that she had to be cold with a tank top on and that we should stop by her house to pick up a sweatshirt," Furrow said. *photo by Dani Martinson*



Graduate Aaron "Cheese" Gray maneuvers around graduate Craig McFarling as he makes his way towards the basket. The Special Olympics basketball team played a short game during halftime of a varsity boys' basketball game. *photo by Andy Pullen*



Dollars for Scholars board member Dave Butterwick interviews senior Tommy Avaux. Avaux applied to obtain a Dollars For Scholars scholarship and completed the interview portion of the process on Feb. 26. "Dave was one of my baseball coaches, so I wasn't nervous for the interview. It was very laid back," Avaux said. *photo by Dani Martinson*

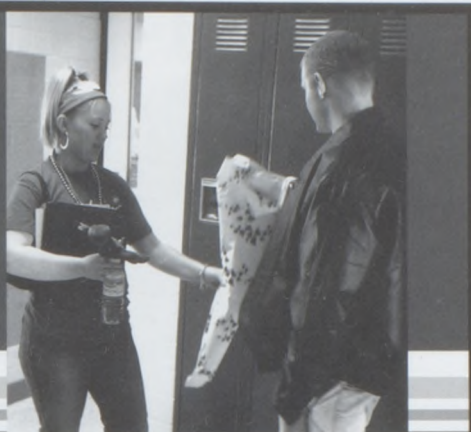


Junior Kory Ross descends down a slide entering one of the main tunnels located in the Dahl's parking lot snowfort. There were two more slides leading into the fort; one to the room considered the bedroom and the other to a side hallway. *photo by Ashley Meade*

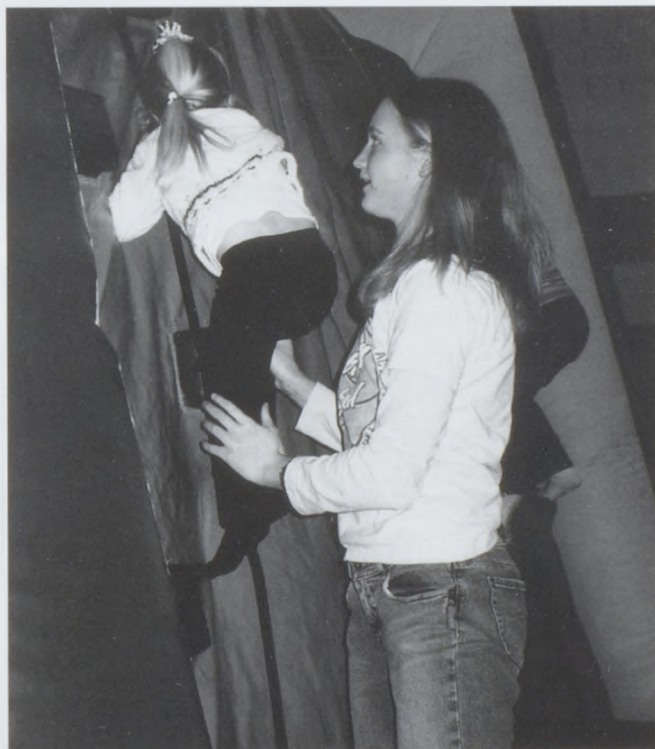
## News Shorts

School/Local/State/National/World

### Valentine's Day Feb. 14



Called out of class, freshman Heather Will is surprised with a bundle of roses on Valentine's Day from her boyfriend David Lee, a senior at North. Lee went to the office to find out what class Will was in, but was told he could only leave the flowers for her to pick up later. Determined, he decided to walk around the school and he asked students if they knew Will and what class she would be in. *photo by Ashley Meade*



Freshman Grace Meiners helps six-year-old Hannah King up the inflatable obstacle course in the gym during the Purple Party. Meiners attended the event with freshman Abby Davis and her cousin, King, where they won prizes, like assorted candy and toys. The trio then moved on to other activities, like spin art. *photo by Sheena Wendal*

### 1st of February...

Controversy arose over this year's Superbowl halftime show, in which Justin Timberlake and Janet Jackson performed. At the end of the final song, Timberlake ripped away a leather cup that was covering one of Jackson's breasts. CBS said there was no indication of this in dress rehearsal.

### 10th of February...

Eighteen-year-olds William George Lucas Jr. and Brett Lee Saner of Burlington, Iowa, strangled and stabbed seventeen-year-old classmate, Michael Allen Harper. After being lured into the woods, Harper was stabbed more than 50 times. Two days later his body was found by his father.

### 12th of February...

Forty-eight hours before one of the most romantic days of the year, the perfect plastic couple broke up after their 43 year relationship. According to Mattel, the Barbie and Ken dolls met on the set of a TV commercial in 1961. The two will remain friends but felt it was time to spend some time apart.

### 13th of February...

The boy's basketball team made school history this year by outright clenching the title of the CIML Central Conference Champions for the first time. The Dragons gained the title after their 64-61 victory against Indianola. The team ended their regular season 16-5.

### 26th of February...

Fifteen gay couples announced that they would request a marriage license in Iowa City. They would test the state law that only allows a marriage between a man and woman. President George W. Bush and some Republican leaders supported an amendment to the Constitution banning gay marriage.



# March...

## (Cutting School for the Art Center)

Glaring up at a painting four times her size, sophomore Ashley Forbes was in awe. Artist Joan Mitchell's original artwork was right in front of her, a chance that did not come often. However, the chance came on Mar. 5 when Forbes, 17 other students and art teacher Daniel Weiss left the art room to spend a day experiencing Mitchell's artwork at the Des Moines Art Center. "The painting made me feel that I could express myself in unusual ways," Forbes said.

On the field trip, students learned about the feelings, techniques and production that went into Mitchell's paintings which were part of the American Abstract Expressionists Movement in the late 1940's. The tour of the Des Moines Art Center was lead by Derrick Saunders, artist in residence. Saunders was brought in from his home in Texas by the Greater Des Moines Community Foundation, who gave grant money to the schools in order to pay for the resources needed for the excused venture. A total of four area schools were picked to observe Mitchell's creations via the money allowance. According to Weiss, their favorable selection to attend was due to previous participation with the art center.

After the explanation on how and why these particular pieces were constructed, the students were given the chance to produce their own version of Mitchell's abstract work. The next two hours were spent making abstract paintings and oil pastel drawings that were similar to Mitchell's style. Senior Nash Wiley was among the students who produced a piece of artwork. "I started with a random black L-shape and placed earth tones over and around it. Then I used water to make the paint drip off the page and it turned into something," Wiley said.

(spread by Amanda Kennedy and Shaina White)

Setting up for Writer's Cramp on a wheeled cart, junior Ashley Fuller places pens, pencils, beverages and candy out to be purchased in the student commons. Writer's Cramp was to allow special needs students to apply skills they have learned inside of class to be used out in the public. The hard work was paid off through a field trip. photo by Amanda Kennedy



Intrigued freshman Nik Hamilton discusses the emotions behind one of Mitchell's paintings with Saunders. Students learned about the meanings behind paintings she produced. According to Saunders, Mitchell used body movements as inspiration to create her paintings. The creations were visions of the natural world around her. photo by Shaina White





During the assembly held by Best Buddies, junior Jake Prine learns how difficult it is to have a learning disability, like dyslexia. The students were asked to try and decode sentences through the backside of a piece of paper. "It was very interesting reading the directions like that. I'm glad I don't have a reading problem," Prine said. *photo by Shaina White*

Helping to scrape layers of snow off sophomore Matt McMahon's blue Cadillac, sophomore Dallas Beery uses the sleeve of his coat to remove snow from the windshield. The unexpected snow storm sent students home an hour early the Monday before spring break. Also due to snow, students had late arrival Tuesday and, coincidentally, they also had early dismissal on Wednesday and Thursday for the state basketball and a regularly scheduled dismissal. *photo by Amanda Kennedy*

Junior Justin Steggerda tries to keep up with the Dance Dance Revolution® directions that are rapidly appearing on the screen. The video game was a portable version of popular arcade game that worked on his eye and foot coordination. Steggerda danced at junior Jon Palmer's house, where the game was borrowed from Palmer's sister. *photo by Dani Martinson*



## News Shorts

School/Local/State/National/World

### 4th of March...

A group called AZF threatened the French rail network with the possibility of nine bombs. Thousands of miles of track were inspected, while the ransom was increased to 6.4 million. In a letter to top government officials the terrorist group made a reference to the Spanish railroad bombings on Mar. 11.

### 11th of March...

The attorney general in Asbury Park, New Jersey ceased same-sex marriages. He also threatened jail time for those homosexuals who returned to the area with a marriage license. The judge warned that the ruling be followed. He threatened if it was not followed there would be further consequences.

### 18th of March...

First grade teacher Timmy Higbee of Centerville, Iowa was accused of 38 counts of second-degree sexual abuse and two counts of indecent contact with a child. The jury had found Higbee not guilty up until this point, though he has not been tried on all counts with which he has been accused.

### 29th of March...

As part of the National Homeland Security Act, Camp Dodge was building a counterterrorism shelter. This would allow the state government to communicate more proficiently with the national government. The goal of the shelter is inconjunction with creating a network which would link all 50 states.

### 30th of March...

Senior Jason Sparland ran through the lunchroom wearing a blue thong, red ski mask and goggles, ending B-lunch in a not so normal way. Assistant principals Steve Schlatter and Mark Crady chased Sparland out of the lunch room. According to Sparland, the incident resulted in a three day suspension.

## SLIPKNOT

auditions.



Posing in his "maggot" attire, senior Josh Fredregill gets ready for the Slipknot music video tryouts. The tryouts were held at Fairfield Inn in West Des Moines where fans waited in line to get interviewed for the video. Fredregill was chosen to be in the Slipknot video along with 149 other "maggots." "I hate their music. I did it as a joke and as a major slam to Slipknot," Fredregill said. *photo by Frank Cochran*

As a volunteer, sophomore Emily McPherson paints a face at Meredith Drive Reformed Church after the Juvenile Walk for Diabetes. According to McPherson, her best design was a soccer ball. The annual fundraiser was free though donations were excepted. *photo by Alicia Corron*



# April...



## (Back from Iraq: Custodian leaves guns for mops)

Custodian Larry Hubbell arrived back to his job from serving in Iraq with a pleasant surprise. Not only did he return to the comfort of the school's environment, but he also had approximately 50 staff members to help celebrate his day back with a welcoming bash in the school library on Apr. 5.

Hubbell, a First Class sergeant, was sent to Iraq in mid-July where he never saw much action. He still faced grueling temperatures around 150 degrees, frequent dust storms and the burden of a heavy load of equipment. Hubbell was in charge of ordering the fuel for the trucks and tanks. "I was happy to get out of there. The heat was terrible and I couldn't go anywhere without the fear of being shot," Hubbell said.

Hubbell was honored for his time in Iraq at the gathering. The party was planned by special education teacher Brigid Townsend and family consumer science teacher Lisa Stange. "Lisa and I thought how great it might be to plan a reception to thank him for his service on the day of his return to work," Townsend said. Hubbell fought overseas for a total of one year, one month and 18 days.

At the party Hubbell received many presents, including gift certificates to the Wynnson 16 movie theater, a night's stay for two at Stoney Creek Inn and dinner for two at Greenbriar.

(spread by Rachel Vorm)

As family consumer science teacher Lisa Stange presents staff member Larry Hubbell with a gift, Hubbell holds up his new treasure: movie passes. Hubbell was given other presents as well at a party that honored the time he spent in Iraq. The collection of presents helped set up "a romantic night on the town" for Hubbell and his wife. To raise money for the gifts, Stange and Townsend set a jar in the front office for donations from staff members. They received a little over \$200. photo by Boscaljon



Senior Scott Walter starts a video for the Mayor's Youth Council student film festival. The event was held in the school's auditorium on Apr. 16. "The best part was seeing the adults in the community notice the talents of the kids videos. I think some kid's got job offers because of the quality of their films," Walter said. photo by Rachel Vorm

Taking part in the holiday festivities, sophomore Dani Martinson and her cousin, Brooklynn Hermann, decorate Easter cookies. "We use to decorate eggs, but this year we decided to frost cookies. They were shaped like eggs, bunnies and butterflies," Martinson said. photo by Rachel Vorm

Plugging her nose as one does to alleviate a morbid taste, sophomore Emily Forte takes a gulp of a Thai treat: Pennywort. Pennywort is a type of plant, which was the main ingredient for the drink. Forte tried the drink with an open mind when it was offered to her by English teacher Amy Lane. Lane was offered the organic drink from two students as a joke. photo by Kristin Boscaljon

CAPTIONS FOR PHOTOS  
From left to right:





# News Shorts

School/Local/State/National/World

Lathering on yellow and black paint, junior Sean Dickenson attempts to mimic a "Kill Bill" poster on a window at his current place of work: Wynnsong. "I painted two whole windows for 'Kill Bill; volume 2.'" to find out only a few minutes later that we (Wynnsong) were focusing 100 percent on (advertising) for 'Shrek 2.' I had to wash it all off. I was pissed," Dickenson said. *photo by Rachel Vorm*

Flipping sergeant Ryan Epley from the Iowa National Guard, freshman Ashley Bedord practices her newly acquired skill of self defense. During P.E. female students were taught numerous techniques of protection, one being an over the shoulder toss. "I didn't think I could actually flip him, but I did and it was easy," Bedord said. *photo by Rachel Vorm*

## 5th of April...

Leaders of the September 11th commission panel stated that the attacks on the U.S. by the Al Qaeda terrorists were probably preventable. Security Advisor Condoleezza Rice was questioned about the accusations against her.

## 7th of April...

A United States helicopter accidentally hit a mosque with three missiles in the besieged city of Fallujah, Iraq. The accident killed 40 people that were inside or near the mosque. The helicopter operator was given wrong coordinates, causing the deaths.

## 9th of April...

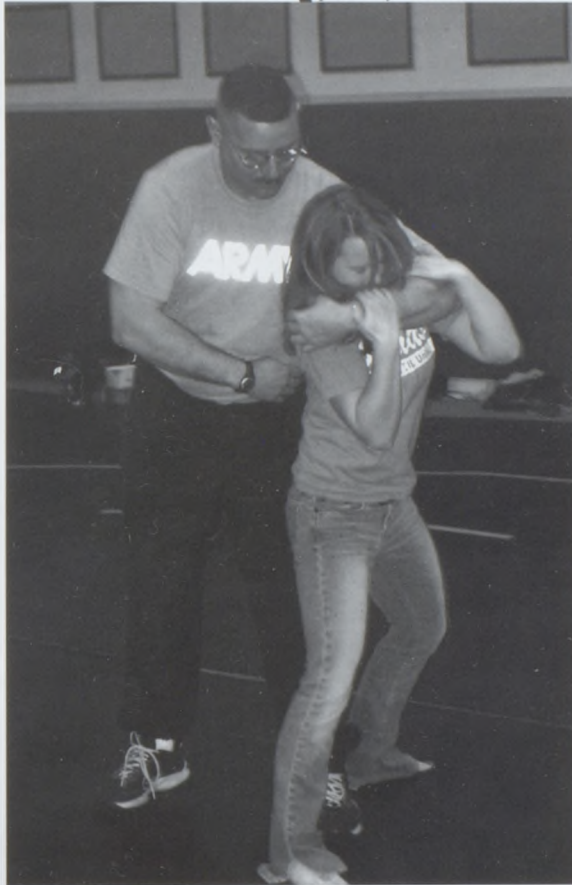
Becca Bruce, the owner of Little Dragons Day Care, was charged with illegal possession of marijuana after being caught at the daycare from an anonymous tip. Bruce stored the drugs at the daycare and also had a rack stocked with various guns in the back.

## 12th of April...

Sophomores Liz Kirk and Katie Caldwell started a donation collection for Cystic Fibrosis with the help of health teacher Jackie Sapp. They had donation jars for all six of Sapp's health classes that raised money to help children with the disorder. They raised \$1,088 total.

## 18th of April...

VEISHA, a celebration in Ames, IA, for Iowa State University was put on hold, because of student-induced riots. The rioters destroyed lamp posts, parking meters and store windows. Around 100 police reacted to the violence with pepper spray and tear gas.





# May...

## (Submitting completion date)

Finishing grades, final exam preparations and summer planning are typical tasks for teachers at the end of the year. However, for some, moving across the parking lot was added to the list. A portion of the teachers would be relocated to the middle school because of the realignment of grades and the anticipated opening of the sixth and seventh grade building, Summit.

Teachers thought they would be able to move on Jun. 1, but with complications that arose, the estimated completion date was moved back two months. Dilemmas such as harsh weather conditions, a strike which centered around the renewal of the contractors' contracts and the death of owner and operator of South Central Steel Company, Gary Carrethef, caused the delay. "Clearly, it (the strike) slowed (the completion process) down, but we were able to keep it moving because we had planned ahead," superintendent Dr. Richard Sunblad said.

Teachers anticipated the move and eagerly awaited directions for the relocation to the eighth and ninth grade building. English teacher Emily Zelenovich felt frustrated when they didn't know when they could move their belongings over. "I don't mind putting the time in, but I wish I knew when we could move in," Zelenovich said.

Science teacher Keith Lippincott also felt distressed with the situation. "My biggest unanswered question is when will I be able to move my stuff over. I can't move until they (the middle school teachers) move out, and they can't move until Summit is done," Lippincott said.

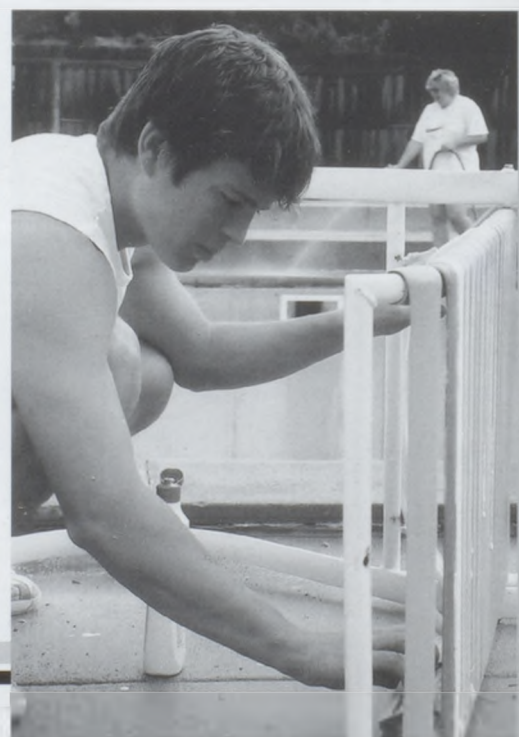
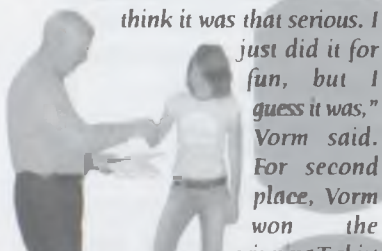
Moving classroom equipment, putting it in boxes, and labeling were directions given to Lippincott to prepare for the move. Assistance was given to Lippincott by his service credit aid, junior Jason Arment. He contributed to Lippincott's cause by putting text books into boxes, waiting to move to his new classroom.

(spread by Alicia Corron and Ashley Meade)



## CONTEST WINNER

Senior Rachel Vorm gladly accepts personnel administrator Dr. James Casey's handshake after winning second place in designing the Green Days T-shirt contest. Vorm was introduced to the program by art teacher Dan Weiss. "I didn't think it was that serious. I just did it for fun, but I guess it was," Vorm said. For second place, Vorm won the winning T-shirt design and a \$75.00 gift certificate to American Electronics. Senior Nash Wiley received first place in the contest. photo by Ashley Meade





### 5th of May...

Former NFL player Thurman Thomas was arrested and charged with second-degree possession of marijuana. Thomas played in four Superbowls and received the league MVP award in 1991. Thomas was booked at Fairhope City jail, but was released in time to play at a charity golf event.

### 24 - 25th of May...

Streets around central Iowa, including 62nd Ave., were closed due to an ample amount of rainfall the previous evening. Thunderstorms produced dime to quarter size hail, along with flooding in 49 counties and 14,000 houses. It was thought to be that the financial impact could be in the millions for repairs.

### 11th of May...

Nicholas Berg, an American civilian, was captured by five Iraqi individuals. A poor quality video recording showed 26-year-old Berg dressed in a jump suit and slowly being decapitated. The Iraqi men were also recorded vowing to continue killing in revenge for the abuse of Iraqi soldiers at U.S. prisons in Baghdad.

### 17th of May...

Massachusetts became the first state to legally allow same sex marriages. Cities around the state decided to open their licensing offices Sunday night. At midnight the ruling went into affect and civil marriage licenses were handed out to couples waiting in line.

### Month of May...

Gas prices rose significantly over the month of May. Oil industries said the main cause for the high gas prices came from overseas countries. The rapidly expanding economy increased the demand for gas everywhere, especially in China and India.

## Caption Key



About to feel the pressure of a 30 pound empathy belly, Spanish teacher Laurie Olson waits to experience pregnancy as parenting teacher Connie Seivers situates the apparatus. According to Olson, after seeing the parenting class take place every day during her planning period, she was intrigued and wanted to try on the belly to experience it for herself. *photo by Alicia Corron*

Gazing into the frigid air at the JV South East Polk game, sophomores Abby Lewton, varsity players, Chris Heffling and Jaryd White enjoy the game while waiting for the game to end. "I really wasn't interested in soccer before this year. (One reason I started playing this year was) because of Jaryd, of course. I actually started playing (this year) just for the hell of it," Lewton said. *photo by A. Corron*

Discussing the disappointing golf meet, freshman Brienne Upton and her sister, sophomore Jessica Upton, wait with their mother for the rest of the family to join them at a sixth grade band concert held at the middle school. Joined with relatives, they listened to their main star, Katie Upton. *photo by Alicia Lynn Corron*

Lending help to critique a tap class, senior Laura Mulholland waits for her turn to finalize steps before the recital. In the Johnston Dance production recital, Mulholland expressed gratitude and appreciation towards Jeanne Chelsen, dance teacher, for her 12 years of dance. *photo by Alicia Corron*

Scrubbing dirt and grime off weathered lawn chairs, sophomore Spencer Reed carefully makes sure they are well sanitized for the Memorial Day opening. Reed's goal was to become a full-time lifeguard at Crown Point, but he was only offered a substitution position. To make up for a lack of hours, Reed also got a job at the Urbandale Pool. *photo by Corron*



# Prom...

## (Lack of experience and feelings of trouble)

As group pictures came to a close at sophomore Keni Schroeder's house, the limousine pulled up. The group consisted of 12 people: six junior guys who took six sophomore girls as their dates. However, the limo only fit ten. "We had two people sitting on the floor because of the spacing issue," sophomore Kelsey Dicken said. According to junior Dustin Fergesen, the inexperience with making prom plans resulted in the group's confusion concerning the limo.

Accompanying the defect in planning, the group of six sophomore girls also felt out of place at the dance. Sophomore Jenna Reiter said, "It was weird to go and see all of the juniors and seniors because (the dance) was meant for them, but as the night went on it got better because I hung just out with my group."

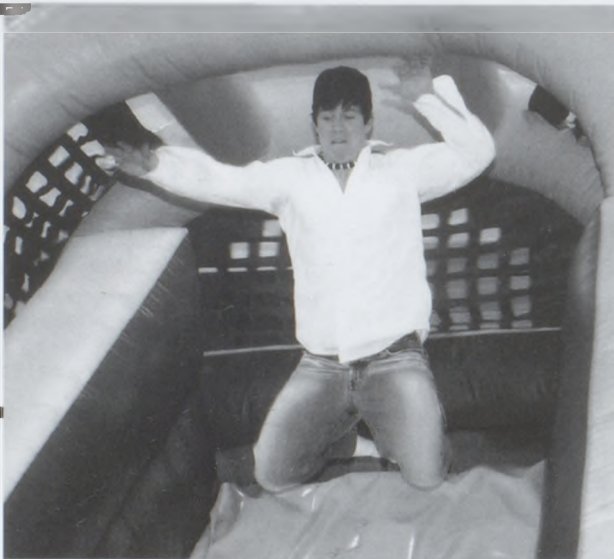
The sophomores' presence didn't seem to crowd the room. Junior Emily Fey said, "I really didn't notice the sophomores that much so I didn't mind (their presence)."

Though the night proved to be a challenge with the limo incident, the sophomores concluded that the night was a success.

(spread by Stephanie Cameron)



Catapulting himself off the inflated slide, junior Stephen Ites tries to execute a wrestling move called "the corporate elbow" onto the hidden senior, Mitch Hoover. Ites attended after prom for one hour, but then went to junior Jon Palmer's house to nap. After resting, he went with a group to Saylorville Lake and watched the sun rise. However, they concluded that it was too cold so they left before the sun rose. *photo by Broeker*



On the tricycle, senior Ashley Song races around the cones during an after prom game course. "I rode the tricycles twice and I won both times. They (the tricycles) deserve two thumbs up," Song said. Song thought that the tricycles were a good idea to have as a game. *photo by Rebekka Broeker*



Giving her name to the hostess, senior Amy Clausen and her boyfriend, Urbandale junior Daniel Oselette, enter the dance in front of parents at the promenade. "It was cool to attend both Urbandale and Johnston's prom and after prom to compare them," said Clausen. *photo by Angela Schaefer*





# Prom Prep

Students tell stories from random times



Embracing each other closely, juniors Jessica Hoover and Alex Nelson share a romantic moment. "The d.j. didn't play a wide variety of music but at least the music was upbeat and easy to dance to," Hoover said. *photo by Matthew Schultz*

Relaxing while playing bingo, senior Elizabeth Dieseth hopes for a win. However, Dieseth came up short, but still had fun. Other games included speed pitch, a giant blow up slide, a blow up jumping box and casino. *photo by M. Schultz*



## 11:11 a.m.

The varsity boys' tennis team played in the Ankeny Invite and had matches from 8 a.m. to 4 p.m. Seniors Curtis Froeichlich, Neal Parenza, Ian Tanyer, junior Alex Miller, and sophomore Joey Verrant all won their flights. Consequently, the boys only had one hour to get ready.

## 4:45 p.m.

Sophomore Dani Martison traveled to La James for all of her appointments, but left extremely dissapointed because they made her nails bleed, and her makeup turned out really dark. Luckily, her friends saved the day and redid her makeup but left the nails.

## 10:57 p.m.

The prom court was called up to the front to announce the king and queen, seniors Tyler Biggs and Mallory Rives. The rest of the court consisted of seniors Mark Cluney, Corey Goerd, Matt Johnson, Tiffany Barz, Jenny Lu, and Rachel Thomas.

## 3:06 a.m.

Senior Nate Miller was among the 16 students that went on the auditorium stage to be hypnotized. Once they were hypnotized, the students went on a trip to Hawaii. Miller said that he impersonated Elvis Presley when he said "thank you, thank you very much" while dancing.

## 5:13 a.m.

Jumping up from his seat, senior Mike Prey raced down the isle to receive the computer that he won at after prom. It was the last big prize of the night. The after prom committee raised \$11,000, which was \$4,000 more than the previous year. They also gave away 45 large prizes.



Juniors Kendall Schuck and Jeremy Cooper place their vote for prom king and queen. According to Schuck, she voted for seniors Rachel Thomas and Tyler Biggs to be prom king and queen. However, Thomas wasn't crowned, though Biggs was. *photo by Matthew Schultz*

## Prom

Where: Drake Olmstead Center

When: Saturday,  
May 1, 2004

Time: 8:00 p.m. -  
12:00 a.m.

Theme: Come Away  
With Me

## After Prom

Where: High School large  
gym

When: Sunday,  
May 2, 2004

Time: 12:30 a.m. -  
5:30 a.m.

Theme: Caribbean  
Dream



# Graduation...

## (Seniors deal with harsh reality)

Sitting in her eighth period class, senior Amy Clausen listened to government teacher Jerry Stratton for the second time that day. It was one week before graduation, and Clausen's grade was one percent below passing. If Clausen was unable to raise her grade soon, she would be unable to graduate.

When her father, Marc Clausen, found out months earlier about her failing grade, he worked out a plan with Stratton. Clausen was required to go to her normally scheduled first hour government class, and attend eighth hour in addition to it. "I have to do homework assignments twice, and take tests twice too. And if I'm late to class, I get a Saturday school," Clausen said.

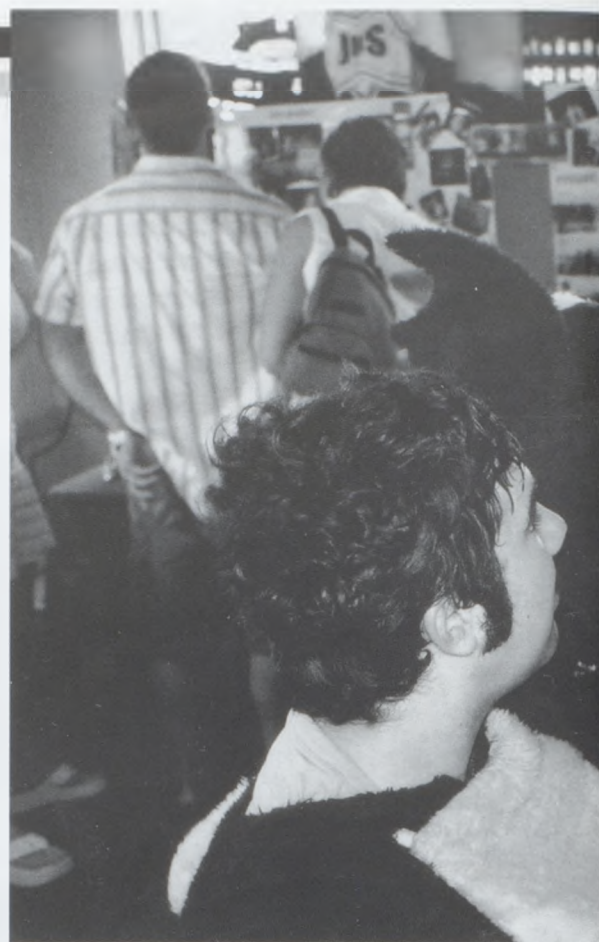
It didn't take much for Clausen's grade to dip below passing. "I bombed a test and didn't turn in a couple of homework assignments," she said. "I also just barely passed first semester government."

Clausen was not the only senior who went to government two periods a day. Senior Tyler Sloan failed first semester government. Along with other peers who failed to do well first semester, he retook the first semester in addition to taking second semester government. The second chances that Clausen and Sloan received allowed them to pass government and receive their diplomas.

"On average 5 to 10 percent of seniors are in jeopardy of not passing government, Stratton said. "The reasons why range anywhere from ability to attitude and effort."

Seniors who were unable to pass one or more semester of government had various options. "Seniors can take government through a correspondence course. So they can still participate in graduation if they come up with a plan of taking the class beforehand," Stratton said.

(spread by Kristin Boscaljon)

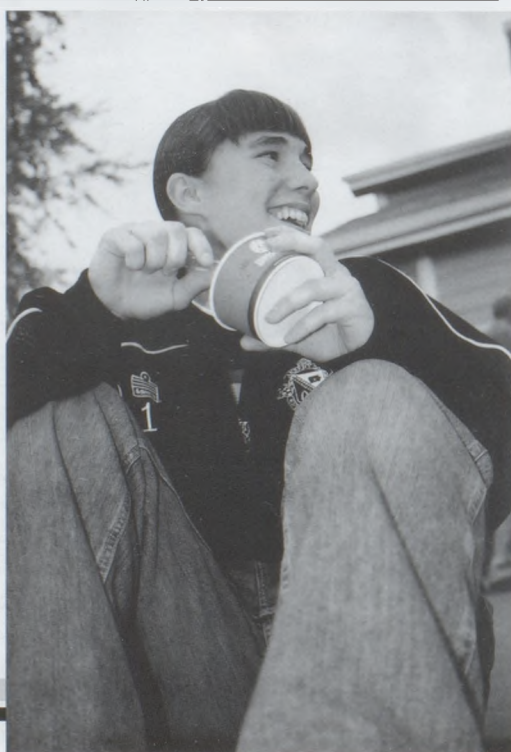


Junior Molly Hanson diligently crosses off the names of seniors Andrea Kraft and Damion Tait off her list. The list told Hanson who was present at the senior picnic, so no one would be forgotten on the return trip to the school. *photo by KB*

Delighting in her tasty ice cream treat, junior Mallory Beck converses with fellow friends remembering the good times spent with senior Steph Cameron at Cameron's open house. In addition to ice cream, party-goers indulged in hamburgers and hot dogs. *photo by Kristin Boscaljon*



Not ashamed to show off her pearly whites, senior Lindsay Nelson poses for a picture with her father, Craig Nelson, after the Class Day Ceremony. "Class Day was very memorable because we got to see all the mementos placed by the 'J'." Nelson said. *photo by Kristin Alyse Boscaljon*





## News Shorts

Events leading up to senior graduation

### 19th of November...

Seniors sauntered over to Hyperion where senior breakfast was held, while the rest of the high school was stuck at the school taking ITEDS. Teachers Beth Ward, Alicia Rollison and Sarah Wessling were all guest speakers at the breakfast.

### Month of May...

Graduation parties were held at various times during the month. It was a chance for friends to get together and reminisce, as well as celebrate their upcoming graduation. Food and activities at the open houses ranged from cake and ice cream to spin art and campouts.

### 21st of May...


Seniors enjoyed their last day of high school devouring bountiful amounts of hot dogs and hamburgers at the senior picnic. In order to participate in the picnic, seniors had to raise money in their homerooms to help support a child at Christmas time.

### 26th of May..

Parents and students alike sat in the gymnasium to watch the annual Class Day Ceremony. The time was spent introducing the senior class and placing mementos on the floor. Seniors also received awards that summarized their achievements as high school students.

### 27st of May...

With a final shake of Hukee's hand, seniors completed their walk across the Drake Knapp Center stage with diploma in hand. For many, this day signified more than closure to their high school years; it also signified their entrance into the adult world.



Allowing junior Josh Geneser to breathe in fresh air, senior Mallory Rives removes the head off the Dragon mascot. Geneser dressed as the school mascot for Rives's open house, which was held at Raul's Mexican Restaurant. Those who attended the celebration were able to get their picture taken with the Dragon. Rives held her party in conjunction with senior Brianne Shaw. *photo by Kristin Alyse Boscaljon*

### Mementos

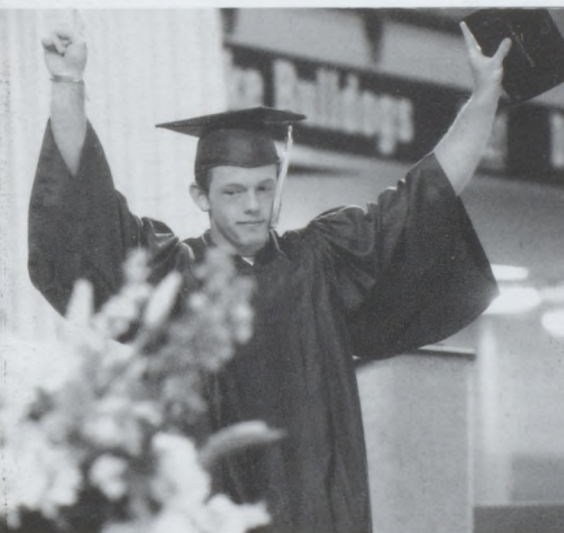
Seniors tell the stories behind the mementos they chose to place on the gym floor on Class Day.

"We made a home video with some of the girls on the basketball team after pasta one night. It featured the giraffe that I placed on the floor. Its name is Sparkles."

-Monica Goedken, Girls' Basketball

"I chose the trophy with a white sock over it, because we always got in trouble for wearing white socks with black pants."

-Chelsie Heetland, Concert Band

As the last graduate to walk across the stage, senior Justin Young faces his class and raises the roof. Along with raising the roof, Young also led the class in the common tradition of moving tassels from the right side of their cap. This signified seniors passing the threshold of high school into the real world. *photo by Kristin Boscaljon*

Holding his newly received diploma close to his heart, senior Jeremy Cordes shakes principal Bruce Hukee's hand. The graduation ceremony lasted approximately two hours, during which seniors Austin Fiala and Veronica Hanson addressed their class in a final farewell speech. *photo by Kristin Boscaljon*



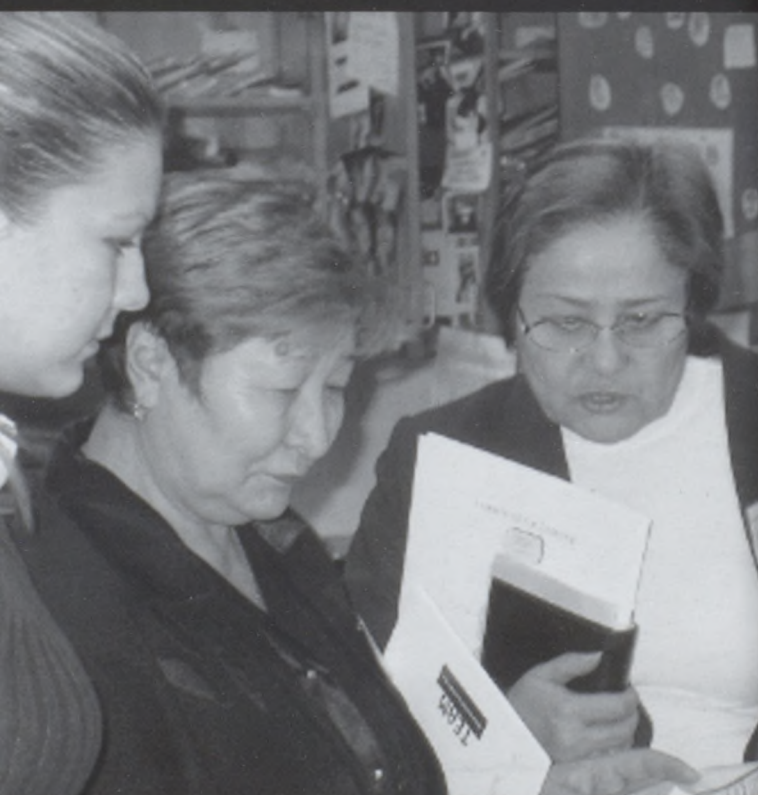
Starting her acting career off with a bang, senior Pam Brande prepares to shoot after revealing that she is the real Inspector Hound, while sophomore Jessica Cordes gasps with shock. Brande acted in the school play, "The Real Inspector Hound," and enjoyed her part. "It was the first play I had been in, and if it wasn't for Mr. (Paul) Miller asking me to play the part I never would have," Brande said. Brande planned on continuing show biz in college. *photo by S.B.*

Explaining the values of Johnston High School, senior Kamilla Gaiazova works as a translator to help curious visitors from Kasakhstan understand how our school system works. The visitors came to the United States to understand American teaching techniques and incorporate them into their own schools back home. *photo by Alicia Corron*



Divisions









# Throat

Air's journey through the body next sends it spiraling down the long tunnel of the throat. When you think about it, the activities of many organizations are also like tunnels: participants work hard all year, trudging through muddy spots, often in preparation for one or a few defining events—the light at the end of the tunnel. Budding defenders of justice in mock trial learned their case inside and out, with one team earning their way to nationals; the songbirds of Innovation toiled week after week in preparation for a big-time show in Branson, Missouri; after ten years of hard work, the yearbook was inducted into a national hall of fame. You get the idea. Here are just some snippets of all that students encounter down the long tunnel, arranged in alphabetical order. *spread by Woody Brenton and Stacie Bendixen*

## Organizations



# On the Road

## Band earns awards at out-of-town contest

After months of hard work, the bands took their shows on the road. A competition at Worlds of Fun in Kansas City gave the Concert Band and the Wind Symphony a chance to play their contest sets for judges and receive feedback before heading to local competitions, like the Drake Relays Festival and State Large Group contest.

According to Wind Symphony director Patrick Kearney, this was the first time the band traveled to Kansas City. Band members met at school at 4:00 a.m. on Mar. 18. They packed up their instruments and began the three hour trip to Kansas City in charter buses.

Once they arrived at Worlds of Fun, they practiced for about 30 minutes before going on stage in front of the judges. Each band played their contest music in a performance hall inside the amusement park. The judges made their decisions, and band members and directors found out the results soon after.

The Concert Band placed first in the open class, and the Wind Symphony came in second in their separate class. According to Kearney, the judges were of the highest quality and were very fair. In their comments the judges were impressed with the Concert Band's dynamics. "It was what Mrs. (Jessica) Heidbreder (the Concert Band director) is really known for," freshman Larissa French said.

After both bands played, the students were free to roam about Worlds of Fun. Once they had explored all the rides and were tired out, they left Worlds of Fun and came back to the school, with awards in both hands. *spread by Christopher Jameson and Stacie Ann Bendixen*



Standing tall, sophomore Josh Bowen loudly plays his trombone in the school gymnasium. The band left class early to prepare for the pep assembly. "I just want to get out of class early sometimes, and it is always a benefit of being in band," Bowen said. *photo by Alicia Corron*



36

Organizations

**DIEBOLD**

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Warming up for Wind Symphony rehearsal, freshman Laura Messerly plays her flute as senior Sarah Eckhart does the same behind her. On this day, the Wind Symphony picked out pieces to perform at the commencement ceremony from literature they had played earlier in the year. *photo by Lindsey Lockner*

Taking spotlight on the stage, freshman Ryan Dickey plays his mellophone solo at the fall concert. Dickey was a member of the Jazz Band. He said his biggest accomplishment during the jazz season was being named an Outstanding Soloist at the UNI Jazz Festival on Feb. 20. *photo by Christopher Jameson*



Standing valiantly in the cold, junior Ryan DeHamer performs with the marching band at a home football game. DeHamer played the number five bass drum, the biggest on the drumline. He had the responsibility of pounding out the beat for the band as they marched on and off the field. *photo Amanda Kennedy*



"It was pretty challenging being a section leader and keeping everyone under control. Pretty much everyone listened, and the freshmen were terrified at what us seniors could do to them."

**Chelsie Heetland '04**



"It always seemed to rain while we were warming up for the football games. It's not good for a bass clarinet. It tends to tarnish and go funny colors and it makes it sound really weird."

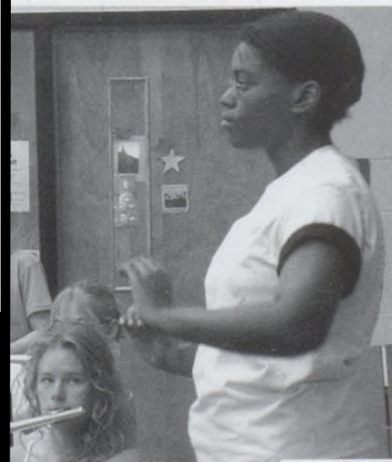
**Bethany Landwehr '05**



"I really enjoyed going to marching band competitions. I like marching and competing against other schools. I think the band as a whole did a good job and worked hard."

**Gerrit Hansen '06**

As junior Allison Dzubak watches attentively, junior Erin Sams auditions to be a drum major for her senior year. Candidates had to conduct the national anthem and answer essay questions. Their past leadership experience, contributions to the band program and a student vote were also considered in the selection. *photo by L. Lockner*



**Congratulations.**  
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*Jeremiah 29:11* "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

**Band**





# Buddies Bloom

## Best Buddies grow as King makes changes

Enjoying the music of four local bands, Best Buddies members from all over Iowa spent Apr. 4 participating in activities including a cake walk, basketball, a huge trampoline and craft stations. The end of the year party, Rock the Friendship, was held at the Val Air Ballroom. What no one expected to happen there was that senior Missy King would receive Chapter President of the Year. Although it was a surprise, everyone felt it was well deserved. Junior Amanda Cook, King's successor as president, said, "I am extremely proud of (King). She worked so hard to improve the Johnston program. You realize how much Best Buddies has impacted her."

"I had always felt a connection and liked hanging out with people with disabilities," King said.

The Iowa Chapter of Best Buddies had only been together for two years, but King had made many changes to better the program at Johnston. One main improvement King made was the system to monitor buddy matches. King set up the Outstanding Buddies Program that kept track of points students received for meeting with their buddy and going to group events together. If they reached a point goal they were able to attend monthly parties, such as movies and bowling.

Although the program had improved profoundly, there were still some problems, according to senior Matthew Stange. Stange's buddy, freshman John Kennedy, didn't attend any activities, so they didn't receive any awards. Stange was let down by the poor communication.

Overall, though, the new program was a good use of time, according to Cook. "The Outstanding Buddies Program offered more activities to get to know your buddy more efficiently. People felt more comfortable when hanging out one on one with their buddies," Cook said. *spread by Dani Martinson and Ashley Meade*



Sophomore Emily Vander Ploeg hands her buddy, senior Lindsey Watkins, a flower as a token of their friendship. "My buddy and I have gone to movies and out to dinner a few nights. We spend time outside of school or in a group of people who are also in Best Buddies," Vander Ploeg said. *photo by Andy Pullen*



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Organizations



Seniors Missy King and Ryan Tometich tie up the 15 bags of cans they collected together. There were 25 or more bags gathered by the Best Buddies on Apr. 18. The group went to different neighborhoods to gather the cans as a fund-raiser. They planned to use the money to send the next year's president to a leadership conference. *photo by Dani Martinson*

Frank Strong and Bob Jeppesen from the Central Iowa Center for Independent Living give students a perspective on living with a disability. At the end of the assembly Jeppesen rose out of his wheelchair and walked around, proving the point that people shouldn't think of him any differently because he might have had a disability. *photo by Shaina White*



As the ball flies through the air, sophomore Jake Tyler follows through with his mighty kick. The Buddies got together after school and participated in many activities for their first get-together event. They played various sports, including frisbee, soccer and catch. *photo by Andy Pullen*

## Buddies.



"It's a great experience for everyone. You get to see how great your life is compared to what some of the other people have to go through. Hanging out with the kids is what it's all about."

**Annie Schwartz '05**



"(Junior) Jason Rude is my buddy. We get to hang out together. I liked the party at Drake, we got to rockin' and a-rollin'. I also like working with them collecting pop cans."

**Ryan Bole '03**



"It's a lot of fun and a great way to interact with kids who are in special ed. It's also a great way to help the kids have a great year."

**Kathryn Huen '07**

Taking a break from tearing up the dance floor, juniors Emily White and Lindsay Parry enjoy delicious snacks and refreshing drinks at the Best Buddies Holiday Dance held at Waukee High School. The Buddies were also able to decorate cookies and make reindeer crafts. *photo by Ashley Meade*

**Hy-Vee Inc.**

3750 Merle Hay Road Johnston, Iowa 50131 (515) 270-9041

**Best Buddies**





# The Art of Performance

## Young Americans coach show choirs in workshop

Senior Jasosn Holland sat in the audience as the Young Americans performed. He was required to be in the audience for show choir, but as Holland watched their flashy movements and heard their energetic voices Holland realized he wanted to be one of them. "I've done acting since I was little and it has always been my dream to make it big. Making the group is a stepping stone for me," Holland said.

Holland and the rest of the students in the three show choirs were required to attend a singing and dancing workshop put on by Young Americans because it was relevant to show choir, according to instructor Jody White. White encouraged the students to participate so that when she made comments referring back to the performance, everyone would understand.

The main advantage of the group was to see the growth of self-esteem and worthiness, according to White. "It was neat to see the kids emerge from the back row buddies to front row soloists," she said. However, students had to give up a vacation day of no school. Junior Annie Schwartz said, "I was more than willing to give up one day because I did it last time they came and I knew what to expect."

The schedule for a three-day workshop included five hours of orientation on the first day, 12 hours filled with classes and vocal ensembles on the second day and the third day included a brief rehearsal after school and a final performance that same night. According to sophomore Brandon Thompson, the improvisation class was funny because students got let loose and they weren't afraid of looking stupid.

Even after Young Americans moved on, students kept their new skills. Holland auditioned for the group and was accepted a month later. *spread by S. Cameron*



Junior Justin Steggerda and senior Lacie Woods sing in a concert choir performance. Concert choir offered serious musicians the challenge of performing difficult literature from various musical periods. "Sometimes it is hard to learn the words," Woods said. *photo by Andy Pullen*



Organizations



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Dancing along to the music as part of the Young Americans workshops, sophomore Jenny Wu is filled with enthusiasm. There were six different classes offered at the workshop: television-theatre-stage, vocal techniques, dance, sound techniques, musical theatre and stage movement. *photo by Pullen*

Mouths wide open, freshmen Michelle Cross and Nicole Davis sing along with the rest of the freshman chorus. According to Cross, the major difference between middle school and high school chorus was a harder music selection, stricter teachers and having to stand more frequently. *photo by Andy Pullen*



## Voices.



"This year's group was very unique because we were entergetic and we worked hard together and most importantly we had fun."

**Alyssa Mueller '05**



"It's not bad being one of the five sophomores at the varstiy level because I already knew people through different things like sports."

**Brian Underwood '06**



"Sound Advice gets you ready for more Innovation-type competitions in later years and it is a good chance to have fun with friends."

**Todd Sexton '07**

Up in front of the rest of Innovation, senior Amanda Hyde continues on with the routine. Innovation participated in five competitions: Linn-Mar, Urbandale, Sioux City, Cedar Rapids Jefferson and Branson, Missouri. They also performed at the Civic Center and the Johnston Invitational as exhibitions. *photo by Kristin Boscaljon*

Junior Whitney Warne and senior Tyler Biggs follow along to a Brahms piece, "Water is Wide" in their notebooks for chamber choir. Notebooks were used because the music was in German, making it hard to memorize the lyrics on all 32 pages. "It was basically there for support," Warne said. *photo by A. Pullen*



**Island Tan**  
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**Chorus and  
Show Choir**





# Brothers Bond

## Vigorous hours spent training for tournament

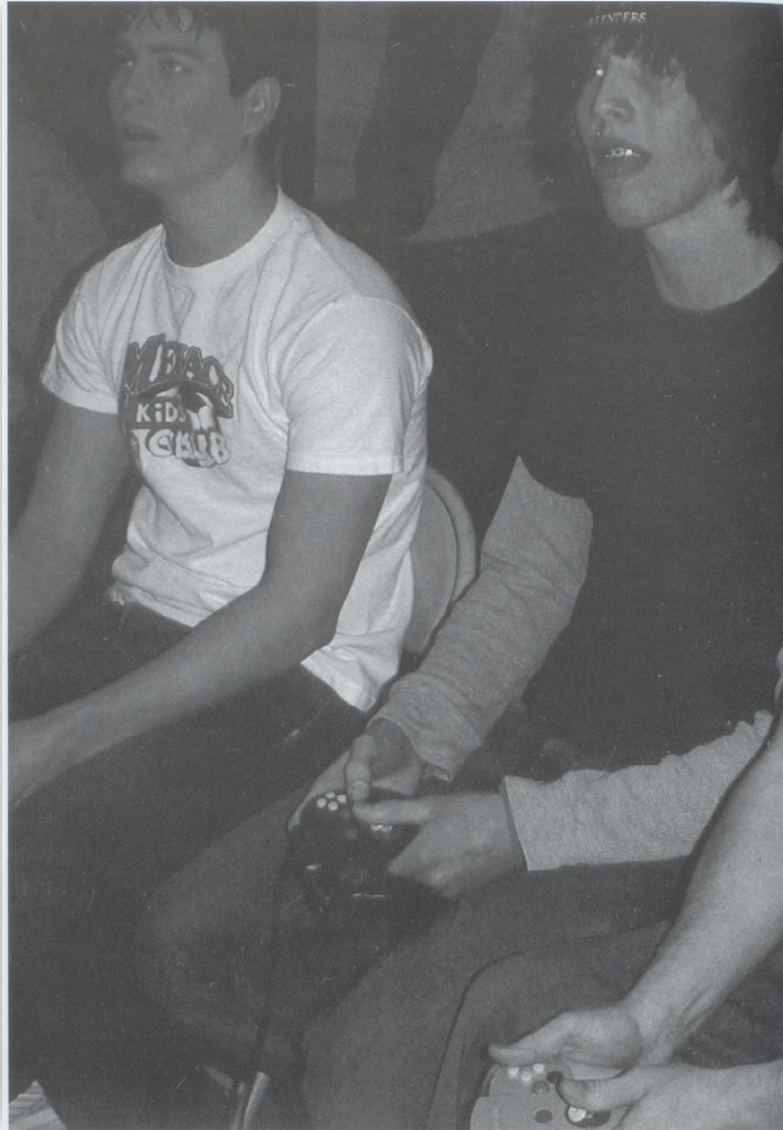
Almost daily from 10:30 to 11:35 p.m., between the TV shows "King of Queens" and "Conan O'Brian," 2003 graduate Sam Ites coached junior Stephen Ites in the Nintendo® video game Golden Eye, which features the missions of James Bond. When Stephen heard that student council would be hosting a Bond tournament on Feb. 7, he decided to step up his training hours with Coach Sam. Stephen said that he was excited about the tournament because it was finally a chance to prove his superiority to everyone. "(Sam and I) played Bond since it first came out. We rose to the top and became the top two contestants in the Bond war," Stephen said.

Playing Bond wasn't all easy, according to Stephen. He mentioned that he suffered from occasional sores on his thumbs. Sam said, "I don't let Stephen play without stretching. I don't want to deal with injuries because I have seen some serious ones." Sam also made Stephen follow a strict diet consisting of a lot of water and greens, such as salad, to keep him feeling healthy and confident.

Stephen felt fearless the week before the tournament and said, "I don't even tell people about my talent anymore because there is no competition. I am fairly confident that I'm the best player in the world."

However, the hard work didn't pay off on the big day. Stephen beat his opponent, freshman Bryce Kubik, in the semifinals, but Kubik pulled off a win in the finals, becoming the champion in the Bond tournament.

Kubik said, "I changed my strategies for the second game. I think the reason Stephen won the first time was because he was getting the guns faster, but the second game I kept getting body armor and staying away from him so he couldn't catch up. I played conservative." *spread by Ashley Meade*



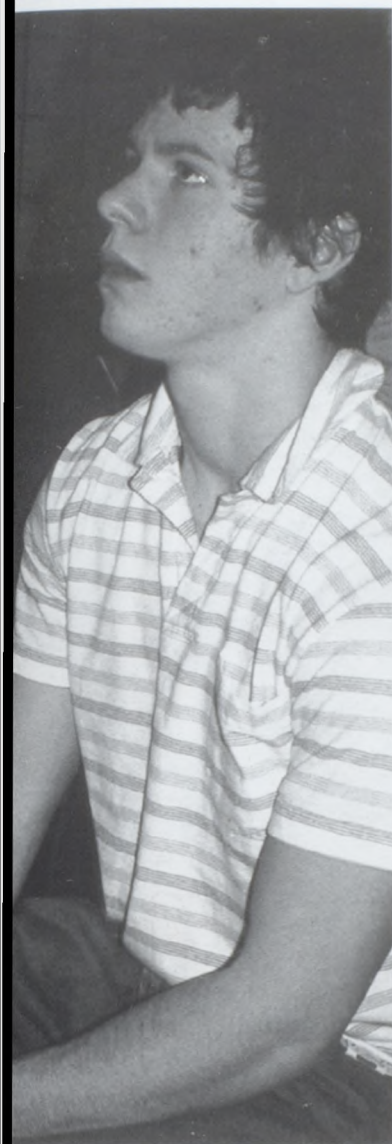
As a reward for hard work, sophomore Cole Anagnost, senior Justin Young and junior Sean Coughlin enjoy a game of Trivial Pursuit® in ELP class. "Everyone had been working well on their projects, so Mrs. (Sue) Cline said we could play a game that Friday," Young said. *photo by Ashley Meade*





Focused on the game, junior Stephen Ites and sophomores Spencer Reed and Peter Holmgren battle each other at the Bond tournament. Reed said that he found out about the tournament from Ites and that he and Holmgren played together to practice.  
*photo by Dani Martinson*

Junior Jason Arment shuffles and deals the cards to a group of friends at lunch. Arment and his friends played Pitch about every other day during their lunch period. "I only play at lunch because I don't have any study halls, but a lot of the other guys play during school," Arment said. *photo by Ashley Meade*



## Games.



"I am in chess club, which meets every Monday after school. The club consists of playing chess for about 45 minutes. We also occasionally play backgammon."

**Laz French '06**



"I play Texas Hold 'Em in study hall with a group of my friends. I only play whenever I am done with my homework or have none. Our study hall teachers always watch us and ask us if we play for money."

**Brock Morlan '07**



"We had a longer class in health because there was an assembly, so (junior) Brenden (Furrow) and I decided to play some cards with the extra time. He tried to teach me how to play five-card stud."

**Emily Chrisman '06**



Junior Kyle Goodrich selects his next Madric card to play against junior Mike Farrell. Madric was a type of card game that Goodrich and his friends played after school. They also held tournaments at comic book and game stores such as Metro Mayhem and Regal Hobbies.  
*photo by Alicia Corron*

Sophomore Zach Emmerson's eyes are glued to the rubik's cube block as he uses a can of silicon to lubricate it. The students sprayed the blocks so they moved smoother, which lowered their times solving the block. Emmerson's fastest time was 1.06 min. Emmerson said, "(The block) falls apart like none other because I have taken it apart so many times."  
*photo by Kristin Boscaljon*

# <Mid Seven Transportation>

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# Team breaks free

## Ipso Facto dissociates itself from school

Juniors Jenna Craggs and Sarah Butitta were upset. Busy schedules and miscommunication between coaches and their team the previous year left them wondering if they would be given proper coaching time.

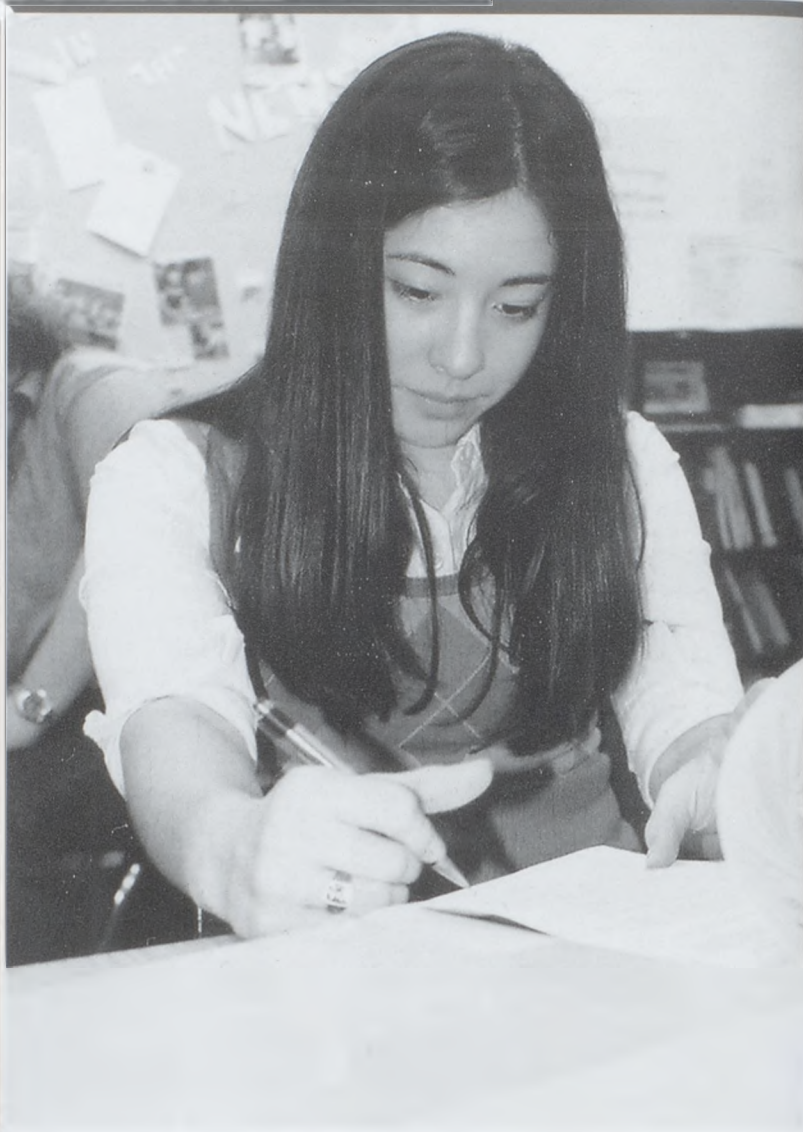
"Instead of waiting to see if we would get a good or bad coach due to a misunderstanding, I spoke with Mrs. (Sue) Cline to see if I could form my own team with my mom (Julie Smith) as the coach," Craggs said. "My mom was our coach in middle school, so this wasn't the first time she had done it."

Although team Ipso Facto, which meant 'speaks for itself,' was still recognized as a Johnston team, it was in fact separate from the school. "Since we didn't practice at the school, and we didn't use an attorney they gave us, we were kind of our own separate little group," junior Justine Blanchard said.

Cline agreed to the idea, and Craggs and Butitta got to work. They first asked each member of the previous year's team if they were interested in joining the newly revised Ipso Facto. For those who declined the offer, new teammates were found.

Blanchard was one of the new additions. She felt being on Ipso Facto was a very positive experience. "I actually liked being on our own better than being with the school," Blanchard said. "Jenna's mom gave us individual attention that other coaches wouldn't have been able to give us."

"We encountered animosity from some people because we were on the outside, but (being separate) was really good for the team," junior Justin Steggerda said. "We worked really well together." *spread by Kristin Alyse Boscaljon and Beth Aubuchon*



Junior Alyssa Mueller and sophomore Corey Chancellor listen intently to the prosecution during a dress rehearsal. Rehearsals were held every Sunday afternoon at the high school. Their purpose was to prepare participants for the run-offs which were held on Mar. 2. *photo by Kristin Boscaljon*



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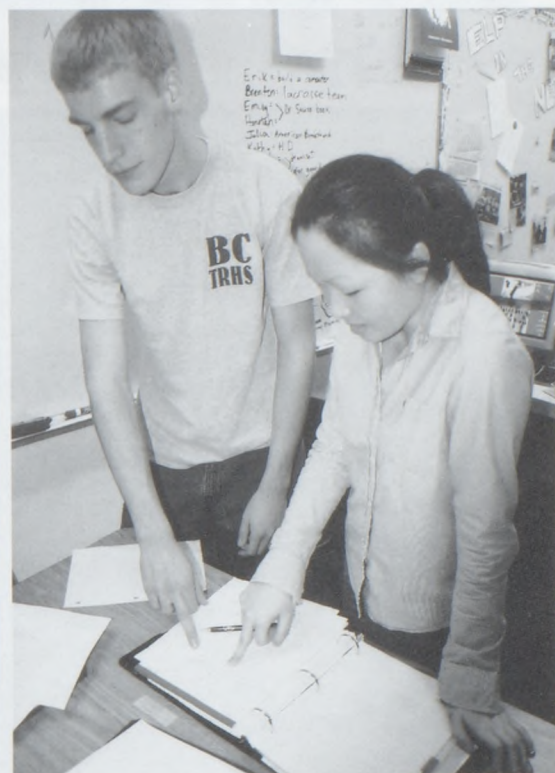
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Examining her materials, sophomore Lia Yoon goes over information she will use on the stand, as junior Jenna Craggs sits in the background. Yoon served as a witness for Ipso Facto. Her team made it to the state competition, but did not place in the top ten. State was held at Hotel Fort Des Moines. *photo by Kristin Bosco*

At her teammate's aid, junior Allison Dzubak oversees junior Katie Battani's writing. Their team was practicing at the home of senior Tyler Biggs. "Katie and I had to practice together a lot of the time. It was my job to keep her focused when she got distracted at practices," Dzubak said. *photo by Kristin Alvse Boscaljon*



## Competition.



"You know you've been in mock trial way too long when your prayers start with 'may it please the court.'"

**Brenton Hankins '07**



"After doing mock trial in middle and high school, it's a very good ending to senior year to win state and have this tremendous opportunity at nationals."

**David Blume '04**



"This was my first year in mock trial. I think competition was better than practices, because I didn't like having to come to school at 7:00 in the morning."

**Felicia Hoover '07**

Reviewing case material, seniors Nina Lu and Austin Fiala make the most of a five minute recess. Lu had just finished her direct examination of a witness. She was standing in for senior Kyle Mandsager during this trial. Fiala and Lu's team placed first at state, and went on to nationals in Orlando, Florida which were held May 6-9. *photo by K. Boscaljon*

In the midst of a recess granted by the judge, sophomores Tyler Buller and Diana Brown look over their material at state. "Mock trial is the only place you can go and be mean to people, and everyone likes it. If you're not mean, you can't be a good attorney," Buller said. *photo by Kristin Boscaljon*

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# Dramatic Edition

## Slusark leads staff to create special edition

After sophomore Tyler Pirtle committed a double homicide and then suicide, rumors circulated within the school about the events which led up to the deaths. Amidst the tragedy, the staff stepped up to tackle the issues at hand by creating a special edition of *The Black and White*. Senior Jane Slusark, managing editor, led the staff in their task and wrote the two front page stories covering the events. The final product was what newspaper adviser Leslie Shipp called "some of the best work that has been done in this room."

Sophomore Corey Chancellor, staff member, knew some of Pirtle's friends and helped Slusark with some of her interviewing. As Slusark started interviewing, she learned new and unique information. Her information detailed Pirtle's final days leading up to the murders and comments that he had made to his friends about committing murder. "It was pretty intense because I was sitting there talking to kids who knew a lot about the murders and were willing to talk to me rather than professional reporters," Slusark said.

Slusark's information was exclusive and had not been covered by other newspapers or TV channels, so she decided to put her news out early through a special edition. Slusark feared that if she didn't get the information out soon, somebody else was going to. "When Emily Givens from Channel Eight (KCCI, CBS affiliate) called (Slusark) and wanted her information, we were even more convinced that she had really good stuff," Shipp said.

The staff put the four-page issue out on Feb. 14, 17 days after the news of a murder in Johnston first broke. Slusark felt the response to the issue was positive. "The murders affected a lot of people in the school and community, whether they were friends with (Pirtle) or knew the people who were murdered. I think students were happy to read about it," Slusark said.

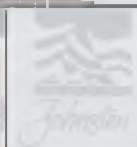
After distributing the issue, the staff worked vigorously to complete the regular February issue, which was distributed shortly after the special edition. Shipp said, "These are two of the better issues in the 12 years of newspaper. I think part of that is at one point in here it felt like a newsroom. We were going to press conferences, we were getting information right when it came out, we were getting information people didn't know." *spread by Wendel*



Laughing joyously while enjoying her chocolate treat, senior Monica Goedken savors a cupcake at sophomore Corey Chancellor's going away party. The staff threw the celebration during class for Chancellor on his last day of school before moving to Minnesota. Goedken said that he arrived 10 minutes late to class that day, which caused the staff to question if he was skipping as they awaited his arrival. *photo by Woody Brenton*



Organizations



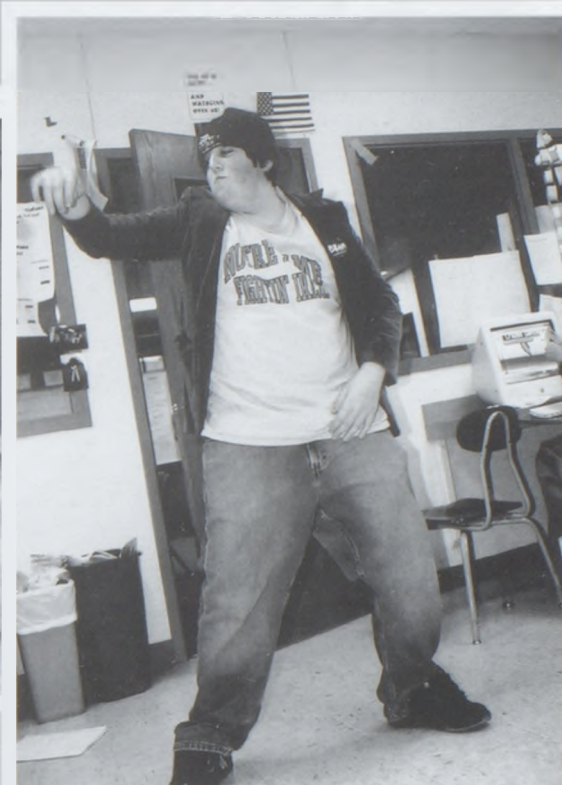
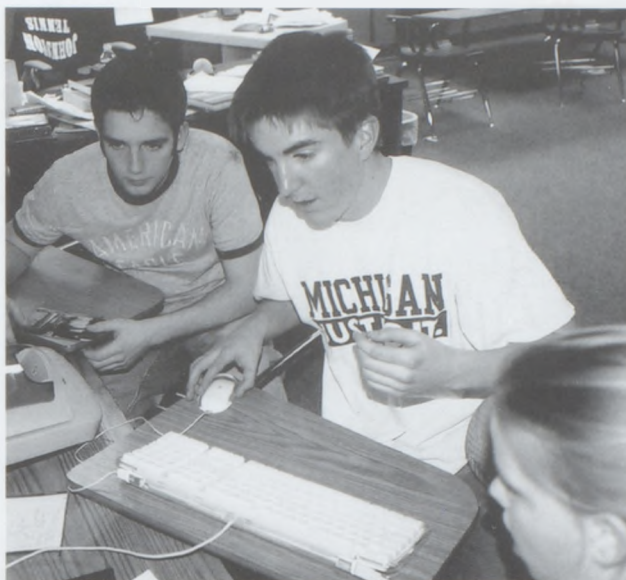
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Senior Joanna Jarnigan skims through the special edition moments before the start of first hour. Jarnigan said she thought *The Black and White's* coverage of the double homicide and Tyler Pirtle's suicide was both respectful and appropriate. Overall, Jarnigan found the issue to be very good, and she noted that it had everything that she expected of a newspaper. *photo by Simpson*

Huddled around the scanner, seniors Jim Heldt and Chris Sigmund and junior Afton Simpson work to complete the February issue. According to Sigmund, he and Heldt were inserting pictures into the Feb. edition, and Simpson, who was a member of the yearbook staff, was bothering them. However, Simpson disagreed and said that she was teaching Sigmund how to scan. *photo by Swett*



## Newspaper.



"I love writing reviews. Getting a review column this year was pretty cool, and who better to follow than (graduate) J.P. Wohl."

**Brecca Hoffman '04**



"One day when the lights went out we couldn't work on the computers, so we just sat on the floor and told stories during class."

**Claire Lekwa '06**



"Newspaper is really frustrating and kind of boring, but it is cool because we can listen to music and there is an old beat up chair that we can sit in sometimes."

**Mike Slusark '07**

Freshman John Kennedy attempts to make paste up more interesting by entertaining the other inhabitants of the "J-Lab" with his dancing. Kennedy was cloaked in senior Woody Brenton's clothes, which he found on a nearby table, and put on "to make him mad." Paste up was the final deadline before the paper got printed. Kennedy said, "I don't really like it (paste up) because everybody's in a bad mood." *photo by Tyler Swett*

Interviewing foreign language teacher Sue Boyle, junior Sonja Spray questions her involvement in arranging guest speaker Andy Fay's visit. Spray wrote an article over the stream of guest speakers who came to the school for the March issue. Spray especially enjoyed challenging interviews, but said this one wasn't too challenging. *photo by Swett*



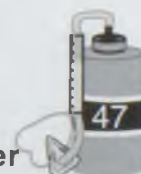
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# Thumbs Down

## Students react to rejection, appeal decisions

When junior Alicia Corron arrived home from school, she found an envelope addressed to her, on a desk in her bedroom. Knowing it could be her acceptance letter, she quickly tore it open and began to read. However, what Corron found was not acceptance. After reading the letter three times and calling her mom, her eyes filled with tears. The faculty council met, reviewed her application and would not be accepting her. Even worse was when Corron realized that the letter did not explain why she would not be accepted, but simply said that "this is not a negative reflection on you, your grade point average alone indicates a high level of achievement."

Corron was shocked, and had a reason for having high hopes as she had been told by numerous members that "everyone gets accepted." When she returned to school the next day, she found many of her classmates had also been rejected. According to adviser Sue Baker, 68 of the 94 applicants were accepted.

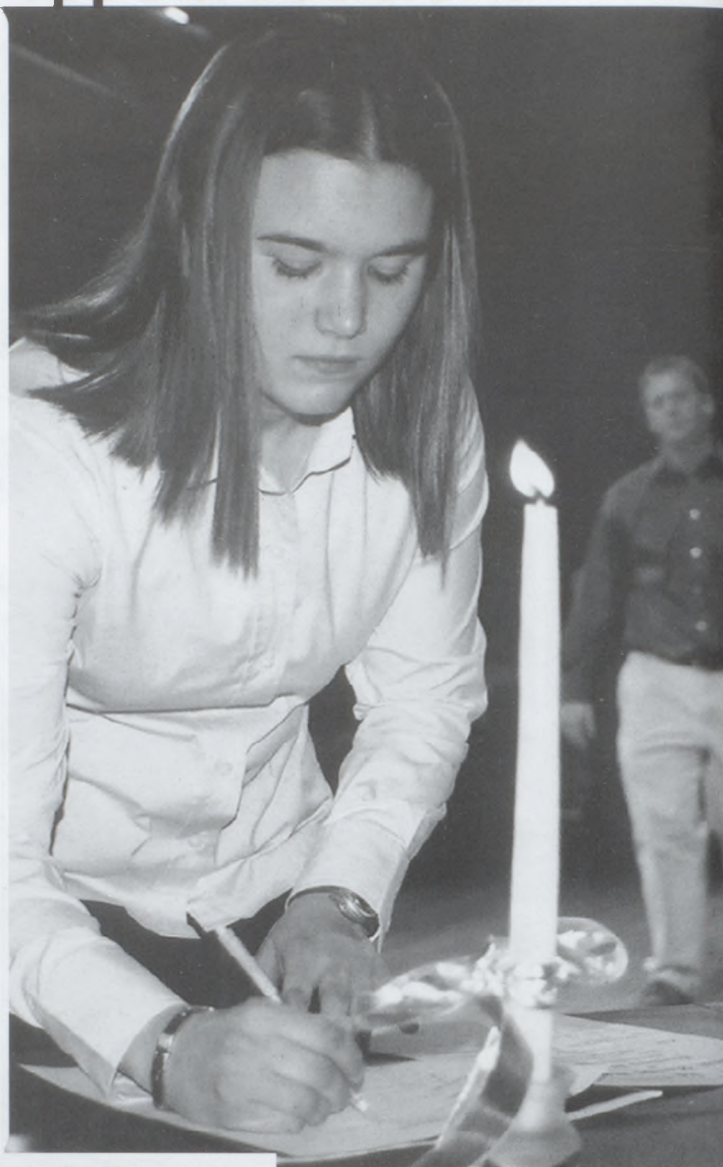
Corron decided to take action. In a meeting with Baker she was told of her application weaknesses: her essay discussed what NHS could do for her, but not what she could do for it. She also learned she could appeal the decision.

To appeal, a student had to issue a letter describing why they should be reconsidered. However, according to junior Ali Keenan, not all students knew their options, herself included. According to Baker, appeals were reviewed by the council, whose members were kept secret.

Principal Bruce Hukee felt the lash when he met with students to discuss the fate of their appeals. According to Hukee, the previous year he only had a few calls from parents, but this year he held several conferences.

Not only the applicants were surprised by the amount of people not accepted. Senior Sarah Eckhart, NHS member, knew students who applied and got denied and was surprised by their denial, as she felt they were as qualified as she was. "I thought (the acceptance) was fairly simple. This year it seemed like it was a lot harder. I thought they had set standards that were used from year to year," Eckhart said.

Corron handed in her appeal the day of the induction ceremony but was not successful. However, she used her experiences to write an Advanced Composition research paper. "I honestly felt that it was not worth my time. I was hurt that I didn't make it, but there are other things more important for me to worry about," Corron said. *spread by M.O. and S.W.*



Reciting the annual opening speech, senior Katie Hlavka recycles words that previous NHS presidents used before her. Juniors who endured the application and selection process were welcomed in an induction ceremony by the six-member student committee, adviser, principal and guest speaker, associate principal Steve Schlater. *photo by Boscaljon*



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Signing her commitment to uphold the principles of character, scholarship, leadership and service, junior Leah Lundstrom-Yurdin is inducted into the society. At the Mar. 5 presentation of awards, the students were welcomed as members after they recited a pledge and received certificates. *photo by K.B.*

Senior David Blume participates in the Dollars for scholars phone-a-thon on a Sunday evening in February. Seniors arrived at 6 p.m. for pizza and pop, listened to directions, and then began a two-hour calling period. Prizes were awarded for top collectors. *photo by Afton Simpson*



## Honor.



"It would look good on my college application and I wanted to be in an organization that was helping out the community."

**Abbie Toney '04**



"Because I participated as a junior after I moved, next year I won't be going in blind. We can help them (the new junior members) realize that the program isn't stupid."

**Ashley Wheeldon '05**



"I really don't feel that we did that much to help the school or community in NHS. It's just another activity to list on a college application."

**Jane Slusark '04**

Helping to complete the tedious task, seniors Kayla Flanigan and Tiffany Barz arrive early on Valentine's Day to sort carnation orders by the recipients' first period classes. Members gathered and prepared to ensure that students would receive the small gift. Some stragglers missed the first couple periods to finish the deliveries. *photo provided by Weaver*

Keeping the time record for the monthly morning meeting, senior Nina Lu fulfills her duties as secretary. Lu conferenced with guidance counselor Sue Baker, the group's adviser, after one of their meetings. *photo by Megen O'Toole*

"I started playing the guitar a while ago. I even played a little bit in class for a project. It was a Pink Floyd, they're so awesome. I play whenever I have time when I'm not hanging out with friends and sometimes we play together too." **Andrew Shields, sophomore**



# A Divided Stage

## Dual cast system fosters competition

For the fall production of "The Real Inspector Hound," director Paul Miller tried something he had never done before: he selected actors for two separate casts, the Red cast and the Blue cast, that would perform the same play. Miller said administration suggested the idea as a way to involve more students in the drama program.

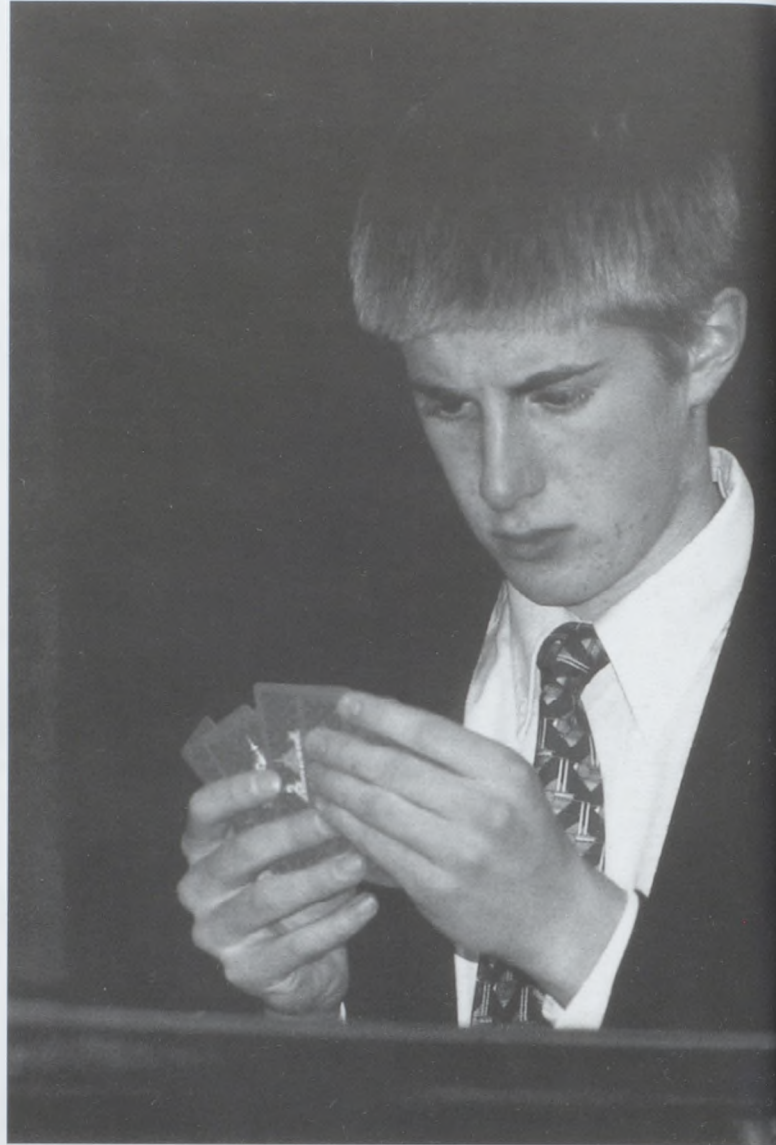
The groups alternated practicing on stage every other day. As a result, each cast got half as much rehearsal time, which Miller saw as the main disadvantage. "I don't think they were anywhere near as prepared as they could have been," he said. Miller also didn't care for the sense of competition fostered by the arrangement.

Senior Alli Pike, Red cast member, agreed that the two groups competed. "There was a little bit of tension between the casts," she said. "You could tell that (we) kind of checked up on each other."

Junior Shabrean Nead played the same part in both casts. She enjoyed both versions because each troupe brought a different personality to the show, but she said, "I think the casts felt like one was supposed to be better." Nead noticed actors comparing the casts' performances after watching the other group's show. "They would downgrade each other," she said.

According to Miller and junior Sonja Spray, student director of both groups, casts were split up by who could make it to practice on what day. They said that schedules, not talent or experience, determined the arrangements. Even so, Spray said, "There were a couple of people that, unfortunately, made competitive remarks."

Because of insufficient rehearsal time and the feelings of competition it created, Miller said that he would not choose to employ the dual cast system in the future. He said, "If I had my way, and I pretty much do, I'd never do that again." *spread by Stacie Bendixen*



"I canno breth!" sophomore Nick Amundson gasps in an Italian accent as he chokes on a raisin. Amundson's role required him to speak Italian for most of "The Primary English Class," which he thought was the hardest part of the play. "I don't know a single word of Italian, so I mumble words that sound Italian," he said. *photo by Stacie Bendixen*



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Plotting his next move, junior Sean Coughlin portrays Simon Gascoyne in the fall play. Coughlin was a member of the Blue cast of "The Real Inspector Hound," which performed on two of the three nights of the production. Director Paul Miller said he "flipped a coin" to decide which cast would get to do two shows. *photo by S. Bendixen*

The frantic teacher Debbie Wastba, aka sophomore Soheila Yalpani, outlines the lesson plan for the primary English class. The class consisted of descendants from the same ancient family who, after coming together by coincidence, discovered that each of their last names meant "wastebasket" in their respective languages. *photo by Stacie Bendixen*



## Drama.



"I like acting because you can be different people and get out of yourself. I like the thrill of live audience because if you screw up, they know, and their reaction is kind of fun."

**John Sachs '05**



"In the spring play I play a Japanese character but I'm really Chinese. Of course, it doesn't really matter since all Asians look the same."

**Xian Zhang '06**



"I helped make the set and I helped make sure that all the cast had all of their makeup on, had all of their props and knew what they were doing and where they should go."

**Jenna Lammers '05**

Senior Megan McCravy performs in the fall play as Moon, the bitter theater critic. According to McCravy, Moon was a "crazy" second-string critic who dreamt of killing the first in line and taking his place. McCravy said the hardest part of playing this character was staying focused on the center-stage action as she sat off to the side. *photo by S. Bendixen*

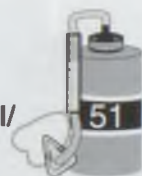
After being shot in "The Real Inspector Hound," sophomore Nate Wilder fills the unpleasant role of a dead body. "(Lying on the stage) was really uncomfortable," Wilder said. "The stage isn't really a very cool place to take a nap. I don't suggest it." *photo by Stacie Bendixen*

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# Getting FISH-y

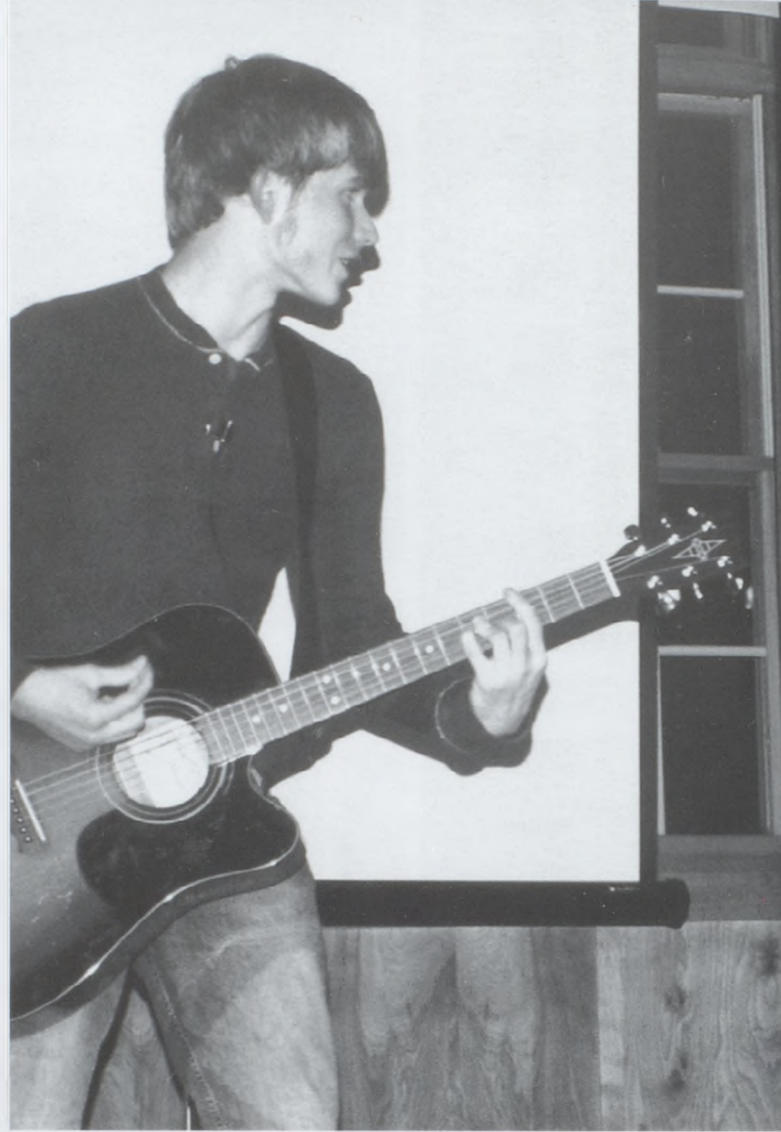
New philosophy takes hold at leadership

When members of S.A.I.L. arrived at the group's annual leadership camp, they found that things were going to be run differently than previous years. The FISH philosophy, which had been introduced to the group at a meeting early in the semester, was now in full effect. "It (the retreat) was more structured because of FISH and people putting their time and effort into it," said senior Stephanie Robison.

There are several key parts to the FISH philosophy, which was developed by three co-owners of a fish market in Seattle. First came "play," the idea that people should approach every job with the attitude that they're going to have fun. Next came "be there." This meant that people should always try to be there for someone or the group for support. Third was "make their day," where people challenge themselves to uplift others. The final component to FISH was "choose your attitude." This asked people to recognize that they have the power to change their mood and make their day great.

Changes were made to the format of the retreat as a result of the introduction of FISH. The traditional group skits were changed to a karaoke format, where each group had to create a music video for a song they were assigned. Also, video technology assistants Matt Johnson and Andy Pilkington, seniors, taped the participants throughout the retreat and turned the footage into a slide show that was shown at the candlelight ceremony.

Dan Scannell, the faculty sponsor of S.A.I.L., said he saw FISH carrying over into everyday life. "I change my attitude every day between my house and school. I prepare for the challenges that could occur during the day," said Scannell. *spread by S. Cameron*



Heads back, legs out and clapping, juniors Dani Postel and John Jacobsen dance to *Johnny B. Good* by Chuck Berry. Instead of having skits, karaoke was sung and danced to. Postel and Jacobsen's group won second place in the dance-off while dancing to *Ice, Baby* by Vanilla Ice. *photo by Swett*



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Video technology experts Andy Pilkington and Matt Johnson, seniors, prepare to sing before the candlelight ceremony. Throughout the camp, Pilkington and Johnson recorded the events and made a slide show that was shown before candlelight. Eventually a video would be made. *photo by Tyler Swett*

Embraced together, junior Eric Holt and sophomore Jay Quick hug each other in Pioneer Hall during "get to know each other" activities. These activities were some of the first things that occurred. Holt didn't think that there were as many cliques at leadership retreat as their were at school. *photo by Swett*



With microphone in his hand, freshman Nathan Morales sings along to *Disco Inferno* by The Trammps. Morales's favorite part of the three-day retreat was watching the karaoke skits because they were funny and entertaining. His least favorite part was the weather because it was really cold. *photo by Tyler Swett*



## Retreat.



"I've never gone because I always liked the free weekend. I decided to try it rather than trashing it and had an awesome time."

**Molly Hanson '05**



"I have been two years and I definitely plan on going again next year to be a small group leader because it is a new, fun experience."

**Jim Hincliff '06**



"I really enjoyed the high-ropes course. Our group really worked well as a team. It was neat to see different people working together."

**Grace Meiners '07**

Down on one knee, senior Jason Sparland expresses himself to the audience. Sparland attended the leadership retreat all four years and was a S.A.I.L. leader for two years. He enjoyed being an activity leader because he got the chance to meet everyone. *photo by Tyler Swett*

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# Colorful Event

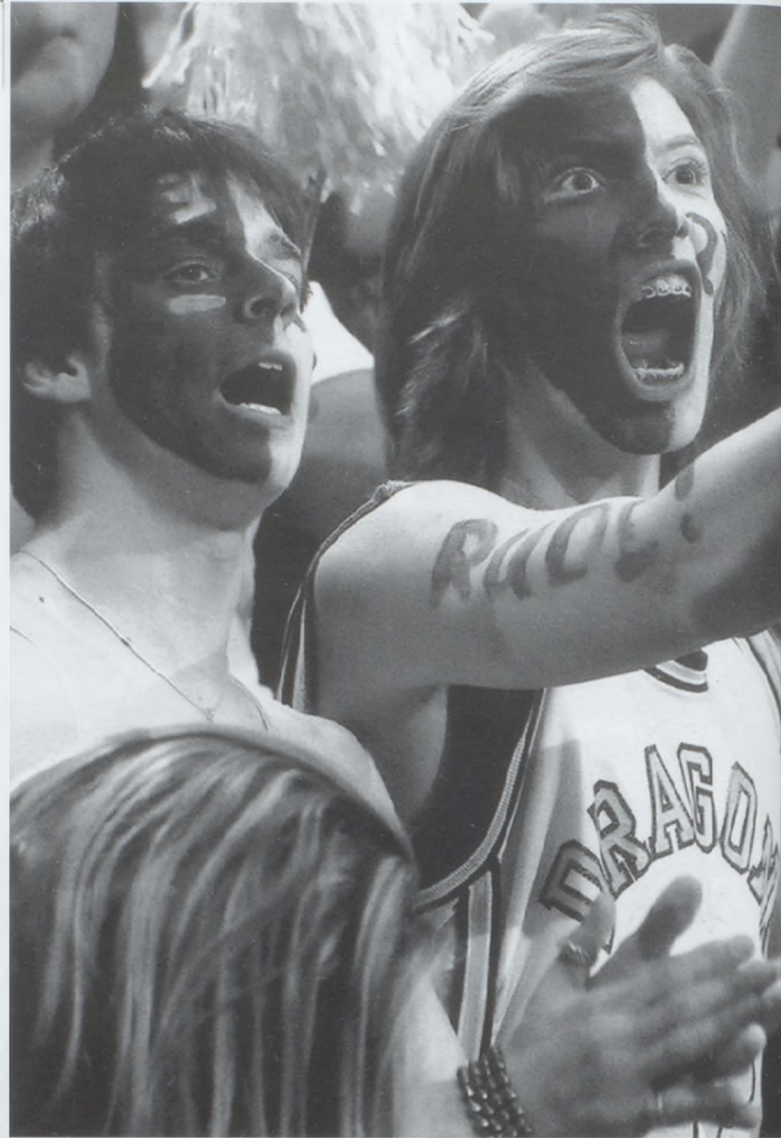
## Spirit screams at State Tournament

Face paint, purple and yellow beads, hair glitter, yellow or purple shorts and state tournament T-shirts made up the outfits for much of the student body at the varsity boys' basketball sub-state games and the first round of state basketball at Veterans Memorial Auditorium. Time before and even more time after games was spent getting pumped up for the season.

The school ordered state tournament T-shirts, which were sold for \$8 in the athletic office, for the state basketball game. Students quickly bought the 900 shirts the school had ordered, and the 2,000 tickets that were available. Some students then took it into their own hands to make their own shirts to show off their school spirit. "I think that when everyone dressed up and put their old softball socks on, they looked (horrible)," junior Kyle Mentzer said. Any accessories that were purple and yellow were added to spice up their outfits. The school also made arrangements for two pep buses to travel to Vets.

On Mar. 17, the day of the game, there was a pep assembly held in the gym during homeroom. Athletic director Gary Ross gave a short speech on how every year the tournament gave a sportsmanship award. He then continued to tell the student body about how their positive attitudes would bring the award home.

After the 4A finals, Johnston was announced as the winner of the sportsmanship award and two members of the basketball team and two cheerleaders went onto the court and accepted the award. Ross said, "The media and the Iowa High School Athletic Association played a big role in determining the winners of the award." Back at school, the trophy was presented to the cheerleaders in the auditorium during a presentation. According to Ross, the last time the school received the sportsmanship award was in 1992. *spread by Stacie Schafer*



Freshman Cody VerHuel applies purple stripes to freshman Kyle Thomann's face, as freshman Brent Barz watches in awe. The boys grilled and played flag football before each home football game. According to VerHuel, the activities helped the student body become excited about the game. *photo by Afton Simpson*



"School Spirit is two-sided. If you get into it, it will be fun. If you don't, you won't have fun at the games. Getting involved is worth it and looking back it's better.."

**Jake Goedken, junior**





Sophomores Jaryd White looks on as Peter Holmgren chants, "Go Rude!" as junior Jason Rude scores at the state basketball game. Holmgren said he dressed up to that extent because he "wanted to show the whole wide world that Vets was dragon territory." *photo by Afton Simpson*

Decorating a locker with ribbons and signs, sophomore Rachel Lippincott and her middle school brother Bryan Lippincott bring attention towards the boys who swam at state. Because Rachel was the only Johnston manager for UJW, she decorated the lockers. *photo by Stacie Schafer*



## Spirit.



"Everyone goes to the extreme with dressing up, including getting your face painted. We could show more spirit and have more participation in spring sports."

**Merdith Manning '07**



"Considering my pet peeve speech (in speech class) was on school spirit, I think that there is too much of it here and everyone that promotes their spirit needs to be tortured."

**Pavel Kazatsker '06**



"The school spirit here is a lot better than it was in the years before. Now that we are better at more sports, a lot more people are willing to show their school spirit."

**Derek Deer '04**

Going all out for the varsity girls' sub-state game, sophomore Abbey Gessmann adds the final touches to her outfit with a dragon hat. "We are really die-hard fans and we have really enthusiastic crowds," Gessmann said. According to Gessmann, fans also made posters and banners to show their support. *photo by Afton Simpson*

Family and all, senior Matt Stange parades on the court in a dragon costume, with his mother Lisa Stange and father Mike Stange dressed as dragons, by his side. The dragon costumes worn by the Stanges displayed the many faces the school dragon had throughout past years. *photo by Rebekka Broeker*

"Around state games, everyone starts to dress up more and show more spirit, but everyone needs to have more enthusiasm everytime we play." **Jenna Winzenberg, freshman**





# Sweet Reward

## Council arranges barbeque treat for students

Despite the boys' basketball loss at the state tournament, the student body came home with a win: the sportsmanship award. It came with a \$1,000 reward, and the student council decided to use the money for a huge cookout. However, they questioned the costs of the venture; they thought the barbeque would cost a lot more than \$1,000. It turned out that it didn't, and they had a lot of money left over due to the amount of food that was donated from different companies, such as Frito Lay, Pepsi and Hy-Vee.

"We tried to come up with ideas that the whole student body would like," adviser Chris Beguhn said. "I liked the idea (for the cookout) but it was a lot of work for me to get it all together. As a school we wanted to celebrate the rise in ITED scores and this was the best way of doing it."

Senior Austin Fiala said, "I think that the cookout is a great idea. It is a super way to get the kids involved in higher ITED scores."

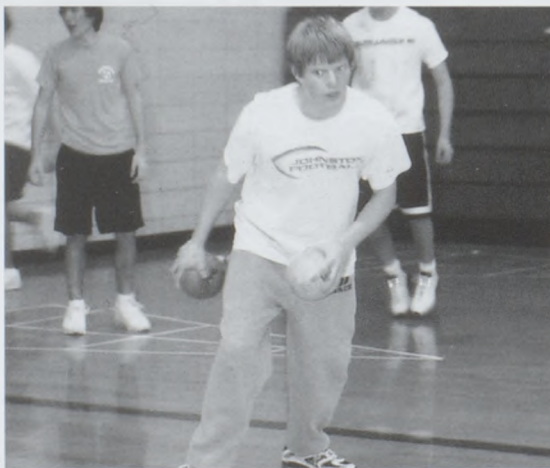
The student council couldn't make the cookout happen if they didn't work together. They formed one committee to line up company sponsors for the event, while another group was in charge of setting up the food on the day of the big event, which was held in the large gym.

According to junior Molly Hanson, the occasion went well. "I was really surprised by the big turnout of the amount of people that came. I was also surprised considering that the student body doesn't do a lot with the activities that we provide," she said. "On top of that there was free food and everybody likes that."

The cookout was followed by intramural ultimate frisbee in the stadium. *spread by Amanda Kennedy*



Intent on hitting an opponent, sophomore Kaleb Foshe plays dodgeball in the intramural tournament. His team lost by a lot during this game. However, they advanced to the final round and were defeated there also. Participants could pick out team names, and Foshe's was the Church Yard Gansters. *photo by A. Kennedy*



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Juniors Amanda Rhoads and Carrie Eckermann enjoy a hamburger and chips catered by Hy-Vee at the cookout, which was paid for with money from the sportmanship award. "I think that they should have more food choices because there are vegetarians in the school," Rhoads said. *photo by Amanda Kennedy*

Scoring a point for team Looney Toons, sophomore Jenny Wu plays the potato game at Rock Around the Clock. The goal of the game was to drop the potato in the empty box. The first team to get all the potatoes in the box won, but Wu's team was not successful. The team only won two games, but Wu said the team still had fun. *photo by S. Bendixen*



For spring fling week, social studies teacher Alicia Rollison sports a pink flamingo hat. The unusual hat was provided by the resource teacher, Kelly Neiber. "I like to dress up. I love to be a comic at this time of the year when it is really difficult for students to deal with the problems at the end of the year," Rollison said. *photo by Shaina White*

## Council.



"I thought the funniest thing that happened was when the members of student council wrote letters to Dave Matthews band to come to the school."

**Susan Clausen '07**



"(I wanted to be on student council because) I want to help the student body. I wanted to get thoughts put in about the school. I also want to do (intra) murals."

**Rob Lang '06**



"When I first started out with student council my goal was to get another thing on my transcript for college. But the more that I got involved the more I wanted to help with intramurals."

**Kevin Hanigan '04**

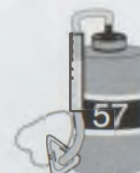
For the annual school blood drive, E.L.P. teacher Susan Cline makes a donation. "This was my first year ever giving blood. I have tried other years but it didn't work out because of the way that I had my schedule in teaching," Cline said. *photo by Amanda Kennedy*



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# Professional Cut

## New software adds extra capabilities

Out with the old, in with the new; that could be said about the software in the video production class. While previously they had used iMovie to create and edit movies and make announcements, Final Cut Express was added to their arsenal. Final Cut Express was an editing software used to edit movies and videos.

Senior Megan Kempf thought the new program was a big improvement over iMovie. "With Final Cut Express, you can alter the clip by doing many things," she said. "You can distort the picture, add color and change the color of clips. You get to use what the professionals use." Final Cut was used to edit the movie "Cold Mountain."

According to teacher Tim Brickley, the software was going to be purchased in 2004, but the funds became available in November of 2003, and they ordered it. "It came from the manufacturer at an extremely low price. It was four or six times cheaper than normal," Brickley said. The software arrived in the middle of December, and from then on students were required to use it for their projects. "They (are) still able to use iMovie, but their projects must be edited on Final Cut Express," Brickley said.

Senior Jeremiah Johnson approved of the change in editing tools. "Using (Final Cut) to make our movies gives you more options to use to edit," he said.

Final Cut Express was also used to edit the school announcements. It allowed the student broadcasters to use blue screen and input effects, much of what would be seen in real advertisements and movies. "It allows the kids more options to edit and develop their projects more professionally," Brickley said. *spread by Chris Jameson*



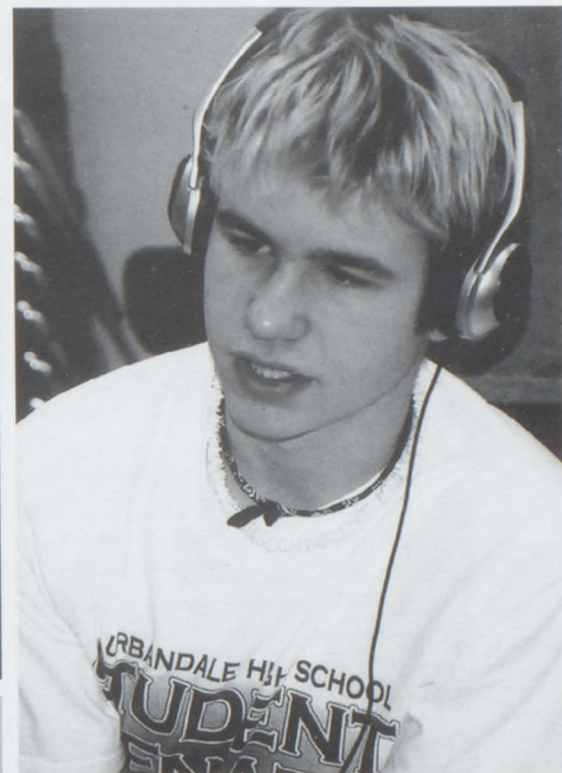
Putting cameras and the expensive equipment in the cabinet, sophomore Hunter Watkins locks up all of the gadgets the video production staff uses. Theft was becoming an increasing problem for the department. According to Brickley, three cameras were stolen in December. *photo by Woody Brenton*





Junior Kelly Johnson puts up tape to hold the fish on the microphone for senior Jeremiah Johnson and junior Michael Miller. The background for the announcements that day was a fish tank, and by adding a fish, it would cover up the microphone, which would seem out of place. *photo by Chris Jameson*

Dallying around with the clapboard slate, sophomore Charlie Wigger watches his movie contently. The clapboard slate was used for starting a movie scene and signaling that the commencement of action. Directors used them as part of their duties. *photo by Woodward Brenton*



Monitoring the announcements through headphones, junior Nick McKinley makes sure that the sound is mixed correctly between the music and sound effects. It was important to make sure that one person wasn't speaking louder than the other, and drowning out their voice. The announcements would be edited in Final Cut Express. *photo by Chris Jameson*

## Broadcasting



"(While filming the announcements) all the lights are on you. It kind of makes you nervous, but it's cool."

**Danielle Ogren '05**



"I remember one time when Brickley freaked about 'cause (senior) Josh Fredregill clipped his nails in class and didn't pick it up."

**Nathan Imes '05**



"For a segment I filmed my niece watching children's shows. It was about whether 'Boobahs' and 'Teletubbies' send out subliminal messages."

**Katie McDonald '04**

Juniors Ryan DeHamer and Jake Prine confer during class. The class had started using a new program, Final Cut Express, to edit their assignments. "Final Cut has more features than iMovie, but they are harder to access," Prine said. "But if you take the time to use it, it is a very good program." *photo by Chris Jameson*



# All-American Book

## "The Dragon" gets inducted into NSPA Hall of Fame

Pride and excitement quickly overtook staff members as they sat in a crowded ballroom. They were at the National Conference in Washington D.C. and it had just been announced to the room that the National Scholastic Press Association (NSPA) had inducted "The Dragon" into its Hall of Fame. In order to earn this award, the staff had to be given an All-American rating on its books for ten out of 11 years in a row. It only took them ten years.

Each year the staff sent its book into the NSPA to be critiqued. The judges looked at five categories including coverage, photography, theme development, design and writing. The book was then rated, with the All-American being the highest possible rank. After ten years of achieving this, the NSPA placed the book into the Hall of Fame. The names of the inductees were placed on a plaque that traveled to the conventions.

The award was given during the convention in front of several thousand convention attendees. Junior Stacie Bendixen was part of the group that went. "It was in this huge ballroom which was really cool in itself. They announced our school name and they cheered and that was neat," she said.

The NSPA convention was geared toward improving journalism skills of high schoolers. It included a set of workshops and contests. "One unique thing about (this year's) national convention was that more people (students that) earned awards. They did very good contest work," adviser Leslie Shipp said.

Back at home the staff was honored at a pep assembly and were acknowledged at a school board meeting. The program was the third in the state to be inducted, only preceded by Iowa City High and Council Bluffs. *spread by Jessica Droogsma*



Full of focus, junior Kristin Boscaljon scribbles on the dry-erase board during her 5th hour yearbook class. Communication was enhanced through notes and messages on the board. "I don't like writing on the white board because I don't like my handwriting, so I always try to avoid it if at all possible," Boscaljon said. *photo by Jessica Droogsma*



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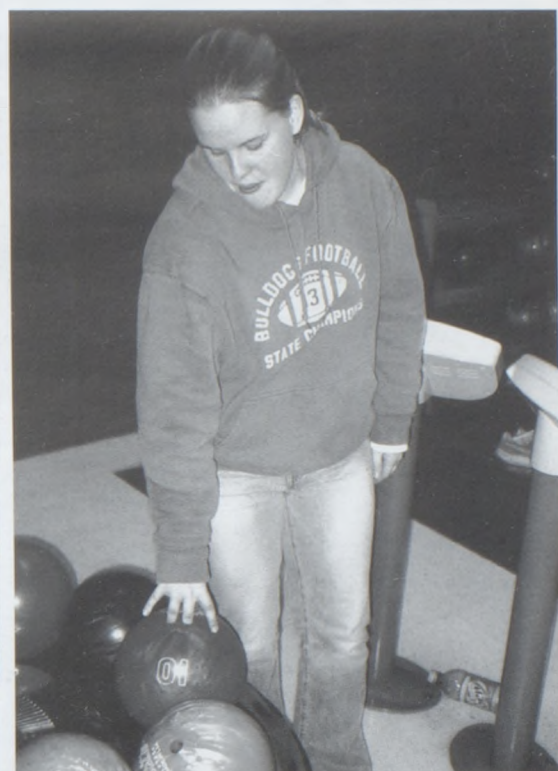
Organizations





Softly shading, junior Megan O'Toole stands next to the Vietnam Memorial wall in Washington D.C. The staff visited the wall during their convention trip. "(Getting the names) was a request from (senior) Sheena Wendel's Government teacher, but it became a group project. I shaded and others looked for names," O'Toole said. *photo by S. Wendel*

Carefully organizing, freshman Logan Koch assesses his arrangement of photos. "It is important to meet the (photo) deadlines because when you start missing them, problems really start to arise," Koch said. The staff started off using Hy-Vee, but then switched to Dahl's to fulfill their developing needs. *photo by Afton Simpson*



## Yearbook.



"It was frustrating when your pictures got lost. You thought you had your photos done when they actually weren't. I had to completely re-take my Spanish pictures."

**Nicole Jansen '06**



"If I could have a nickel for every time I didn't make a deadline, I would have a lot of nickels."

**Woody Brenton '04**



"When I joined (the staff) I didn't know what to expect. I didn't like journalism at all, but so far yearbook has been an enjoyable experience."

**Andy Pullen '06**

Preparing to pick up a ball for her turn, junior Afton Simpson enjoys a day of fun at Merle Hay Lanes. Seven people from the yearbook staff spent an afternoon bowling together. "It helps to get to know the other staff members more than just in class. I thought it was lots of fun. We should do it more often," Simpson said. *photo by Alicia Corron*

Discussing index, senior Sheena Wendel and sophomore Shaina White talk about layouts. "Index is pretty boring, so Sheena and I tried to make it interesting by adding humor and making fun of the flaws," White said. The staff drew up several layouts and then selected one to be in the book. *photo by Afton Simpson*

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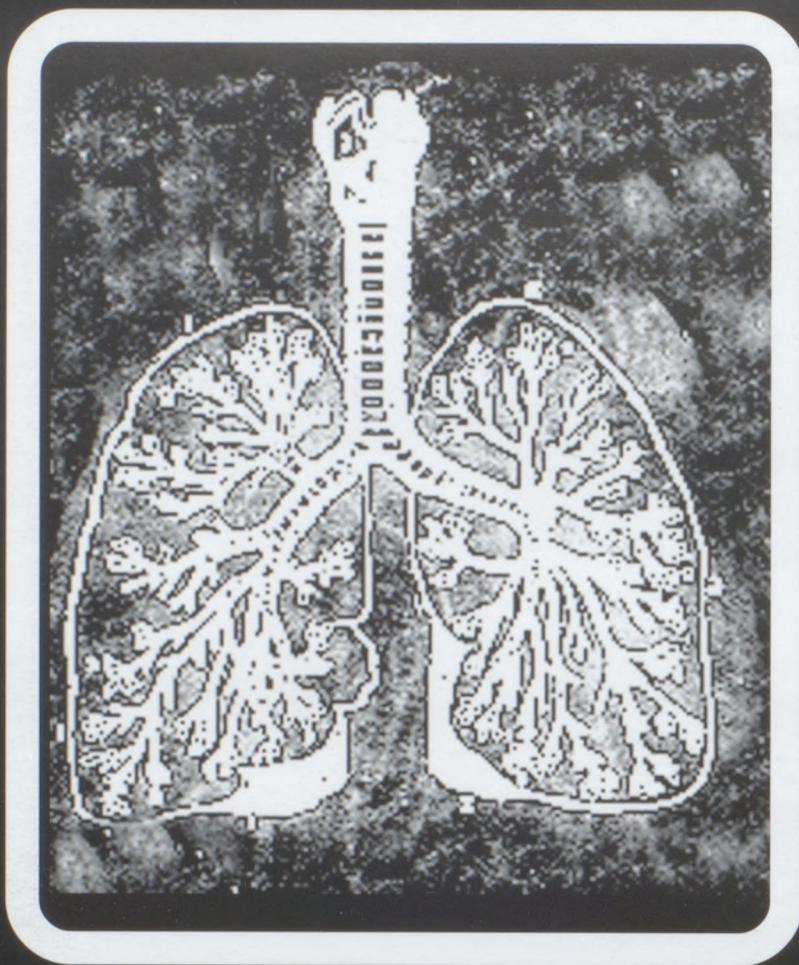
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Yearbook







# Lungs

Ah, the lungs—those handy organs that made breathing possible. No matter what team you were on, playing sports would be rather difficult without a trusty pair of oxygen tanks to keep you going. The cross country girls must have been panting as they pounded the ground on their way to state and became conference champions. No doubt the football team felt out of breath after their spectacular win over Urbandale that catapulted them into the playoffs for the first time in 4A, so a good set of lungs must have proved useful. Of course, if you weren't an athlete, you could always get out of breath by showing some school spirit and cheering on your favorite team. So here, in alphabetical order, we present sports. *spread by Woody Brenton and Stacie Bendixen*

## Sports



Divisions





Sophomore Adi Farez takes a deep breath and attempts to finish strong as he swims breast stroke at the Ankeny meet. As a lasting tradition members of swim team shaved their heads before conference. However, Farez opted not to shave his head and was forced to wear a swim cap. *photo by Andy Pullen*



Of the four different sports she was involved in, senior Stephanie Robison runs for her favorite sport, cross country. Robison began her cross country career back in middle school and continued through high school. One highlight of participating in cross country was that it helped Robison stay in shape for her modeling career. Robison said modeling was "fun to do and good money." *photo by Tyler Swett*



# A Tale of Two Seasons

Team achieves new high, struggles with lows

Disappointment fell over varsity coach Randy Wee, with the overall record of 13-27 and the team's failure to meet their goal, which was to make it to and win state. However, he was pleased with the pride the team had in their work, and their fierce desire to keep improving. These conflicting statements accurately depict the team's up-and-down season. "Our season was like a roller coaster," said senior Curtis Froehlich.

The team had some great accomplishments, according to Wee. They included an 18-6 win over number one ranked Urbandale, while the Dragons were not ranked. "It was a great team effort," said Wee. Another victory came when the team defeated the Boone pitcher in districts.

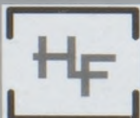
Despite these successes, there were also disappointments. According to Wee, the worst of these was the first game played against Ankeny. The team had a total of seven errors, and "just didn't play to win," said Wee. Also, after their initial victory against Urbandale, the team lost their second game of the double-header. "They were so happy to win, because we had been struggling. They let their intensity down," said Wee.

"We had the team and talent to go to state this year but we couldn't get it done," said senior Jim Heldt.

Although it was not as successful as he had hoped, Wee said that he was pleased with the performance of the players. He said the goal remains the same: to bring home a state title. *spread by Stephanie Cameron*



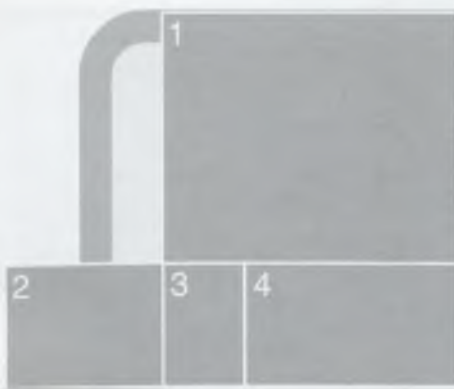
Sports



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1. Up on his feet after tagging the Ankeny player out, senior Neal Parenza walks definely back towards the mound. Parenza had played baseball since he was five years old but didn't plan on playing in college. *photo by Stephanie Cameron*

2. Freshman Nick Sedgley whacks the ball in a home game against Urbandale. According to Sedgley, the players spent six hours a day at the field on games days, which occured two or three times a week. *photo by Amanda Cook*

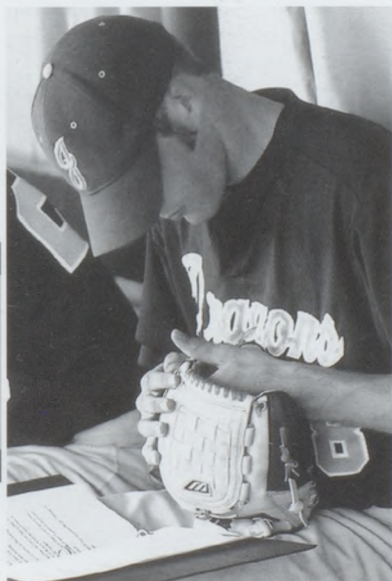
3. Stretched out on the mound in mid-pitch, graduate Pat Ryerson aims for the catchers mitt. Ryerson started the season with a pulled hamstring from a previous track injury. He played centerfield for the first time and enjoyed learning how to play that position. *photo by Stephanie Cameron*

4. With a batting average of .328, sophomore Kyle McCracken takes a swing. McCracken was one of the seven juniors that played on the freshman team although he was considered a sophomore last summer. *photo by Amanda Cook*

5. Busy playing with his glove, senior Cody Phelps breaks it in. According to Phelps, there are many ways to break in a glove, like constantly throwing a ball in it, bending and stretching it in all directions and keeping a ball in the glove overnight with a rubber band around it. He was also taking position player stats, which include recording errors, double plays and stolen bases. *photo by Afton Simpson*

6. Discussing a ruling with the umpire, Wee tries to prove his point. Varsity was playing against Ankeny and went on to lose 12-2 in six innings and 7-3 in nine innings. "Ankeny was our worst two games of the year," said Wee. According to Wee, it was the low point of the season and after that game the team competed better and worked more consistently as a team. *photo by S. Cameron*

# the diagram ...



## the head

Graduate Adam Gray says that the head is used for mental toughness, especially for pitchers like him. The head also helped Gray stay in contol of the game so that he could make good, smart plays on where to throw the ball and to hit the spot all of the time.

## the arm

The arm was used to to throw the ball, and there are many different pitches for Gray to choose from. Pitchers throw three main pitches: the fast ball, the slide ball or the change up. Other pitches include the knuckle ball, the slur ball and the two and four seam fast balls.

## the leg

The legs, along with the abs, are where a pitcher got the power to throw the ball. They also helped with speed and endurance throughout the game. Gray said that he he lifted and did ab workouts to keep his muscles in the right shape and tone. *photo by Stephanie Cameron*

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# Heartbreaking Loss

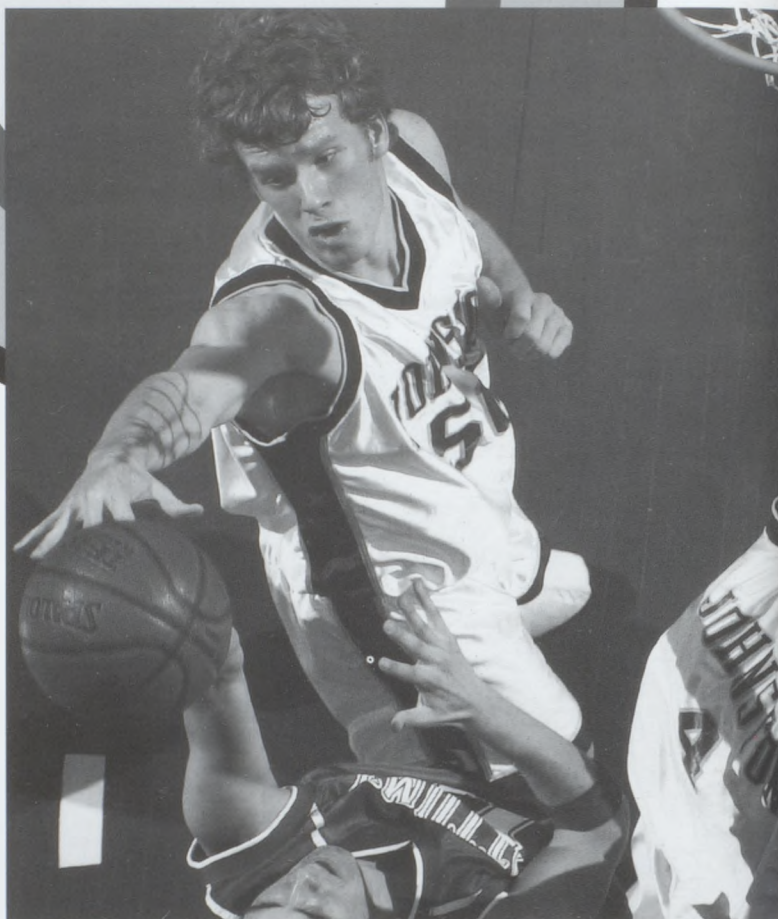
## Ottumwa shatters expectations

Looking up at the scoreboard, the feeling of defeat, 50-49, sunk in. It was the first round of state and the team had just lost their game against Ottumwa. However, this was not their first loss to Ottumwa, as the Bulldogs had defeated them on Feb. 27 also. "The second time playing them, we thought we were going to beat them and get revenge for the last time we played them," junior Brenden Furrow said. This was not the first time the team felt unsuccessful. One struggle for the team was when, in one weekend, they were beaten by Urbandale and then lost to Hoover the next day.

Head coach Jeff Simpson brought the team back together. He held team meetings to help rebuild friendships and kept them focused. "Coach Simpson would pull us aside and never degrade us in front of the team," senior Derek Retherford said.

Aside from the heartaches, there were positives. According to junior Tyler Tannatt, one highlight was beating Dowling at sub-state (71-61). The team received the Farm Bureau IHSA Board of Control Class 4A Sportsmanship award. They broke four CIML Central records: most points as a team (101, East), most field goals as a team (36, East), most field goals for an individual (senior Jimmy Binnie, 16), and most points for an individual during the season (Binnie, 567 points).

Another inarguable positive was the fans. According to Retherford, the fans gave them a great environment at Valley against Dowling in the district final game. *spread by Shaina White, Rebekka Broeker and Sheena Wendel*



Sports



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state, Binnie made a large accomplishment when he scored his 1,000th point of his high school career at the Jan. 17 game against Hoover. *photo by Afton Simpson*

2. In a home game against Ottumwa, junior Mike Mertz looks to pass to one of his teammates. Mertz said the team was fairly confident going into the game, and wasn't "expecting them (Ottumwa) to be as good as they were." In the end the team lost to Ottumwa 69-62. *photo by Tyler Swett*

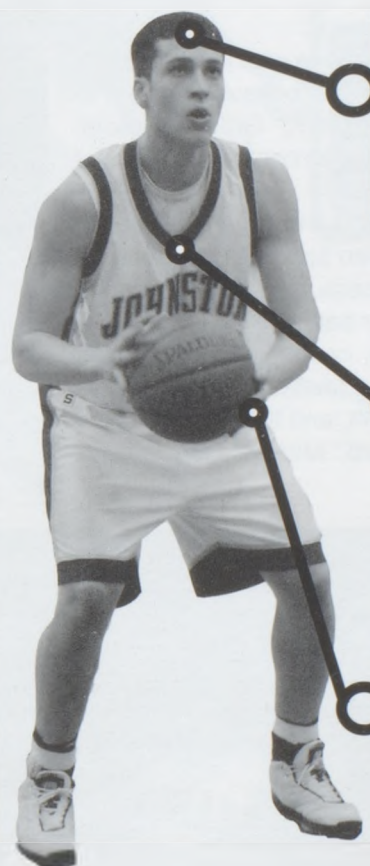
3. Breaking away from his Ottumwa opposer, senior Kris Grimes rushes to the basket in the first round of the state tournament. Grimes said that making it to state was the team's biggest goal, but winning conference for the first time in school history was also a huge accomplishment. *photo by Afton Simpson*

4. Sophomore Matt Ness takes a shot as Ottumwa sophomores Michael Shoemaker and Brian Keck try to block him. One of Ness's personal goals was to be able to dunk the ball. "I got it twice, but not in games," he said. He also aspired to run faster. *photo by Andy Pullen*

5. Senior Luke Bengston looks to get the ball past his Dowling opponent, junior Trent Flander on Feb. 6. The team faced Dowling three times and won twice, one of the times being sub-state. *photo by Swett*  
6. Focused on getting the ball through the hoop, freshman Brent Barz prepares to shoot. Of the two freshman teams, Barz was part of the A team. He said the highlight of their season was the team's record, 16-5, and how they "played well as a team." *photo by Lindsey Lockner*

1. Junior Brian McCrea and senior Jimmy Binnie attempt to keep their Ottumwa opponent from scoring at the state tournament. Ottumwa advanced from the first round of the tournament with a final score of 50-49. Aside from making it to

# t h e diagram ...



## the brain

Junior Jason Rude concentrates on the task at hand: shooting a free throw. To prepare for games, the team walked through plays the day prior and had team pasta dinners on Thursdays. Immediately before the big event, they congregated in the locker room to stretch and listen to music.

## the heart

When he played, Rude aspired to be like his older brother Dan Rude, a 1998 Hoover graduate who also played in the state tournament. Rude said his brother was "a good example of hard work" and he liked how his brother would practice with him.

## the fist

Though the hand was important to play, the fist was an analogy that the team often used. According to Rude, the fingers represented individual players. When the fingers came together, they made a strong fist or, in other words, when the players came together they were a unified team. *photo by Tyler Swett*

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# A Familiar Face

## Team knocks off old sophomore coach

Battling a friendly face in the gym was something the team was not used to. But meeting up with Indianola and their new head coach, Mike Manser, could have forced a big problem considering he was a good friend and a good coach to those who knew him. Manser had been the Johnston sophomore coach the previous year.

The team took this game as if it were just a regular game, trying to forget who coached the other team. "We didn't prepare for this game any differently. We mentioned his name but the girls had already known they were going to play against him (Manser)," varsity head coach Rich Gradoville said.

The game had extra importance for those who knew Manser from previous years. "It was special just because we got to see him again, and also play against him," Gradoville said. Senior Steph Cameron also thought it was cool to play against Manser and talk to him after the game.

It was clear that switching schools was a big step for Manser. "There was a huge difference between schools. Currently we (Indianola) are in the rebuilding process, and Johnston is on the other side of the ladder," Manser said.

Although his team lost the game, coach Manser still had great respect for the girls. "They're a fantastic group of girls that I had a wonderful experience with, and they have a great staff with Gradoville and (Beth) Ward," Manser said. *spread by Andy Pullen and Logan Koch*



Sports

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1. Junior Amanda Rhoads shows her disappointment after a home loss against Ankeny. "It was really an exciting game. Even though I was sitting on the bench, I still got into it because it was a very close game," Rhoads said. *photo by Andy Pullen*

2. Latched onto the ball to prevent a turnover, freshman Micah Casey gives her all. She decided to join the team because she had played basketball since she was little, and she planned to continue to play up until college if she could. *photo by A. P.*

3. Sophomore Abby Green drives to the basket against Dowling. She played on both the sophomore and varsity team and felt there was a big difference between the two. "You get to play with different people, but (varsity) is harder because there is more competition," Green said. *photo by A. Pullen*

4. Dribbling past her Dowling defender, junior Lori Bjork drives to the hoop. The game ended in a loss, and Dowling would later defeat the team to advance to state. Bjork had played basketball since she was in kindergarten. *photo by Andy Pullen*

5. Leaping high into the air, senior Tiffany Barz takes a shot as opponents look on in awe. "If you don't take a good shot, you will most likely miss it and give the opponent a chance to make a basket," Barz said. She felt that it didn't seem like the end of high school basketball, and she hadn't decided if she would play when she went to college. *photo by Tyler Swett*

6. Focused on preventing her opponent from scoring, junior Hannah Miller shows how to play "D" against Lincoln. She felt that defense was a very important component in having a successful year. "Defense is what gives the ball to the offense and gives them a chance to score," Miller said. She also felt that the intensity on varsity was much greater than the intensity on past teams. *photo by Andy Pullen*

## the diagram ...



### the brain

According to junior Beth Roese, the brain was the most important part of the body. Roese, who played on the varsity team, said, "You have to be able to really know the plays and know what's going on in the game to be able to be a successful player."

### the arms

Roese felt that the arms were the third most necessary body part for playing basketball successfully. "They are important so you can shoot the ball well. When on defense, they are useful to get into people's faces and try to block their shot," Roese said.

### the feet

The feet were the second most crucial part of playing basketball, according to Roese. She used her feet to get up and down the court faster, for quickness to get around her opponents and to get an open look at the basket for a score. *photo by Andy Pullen*

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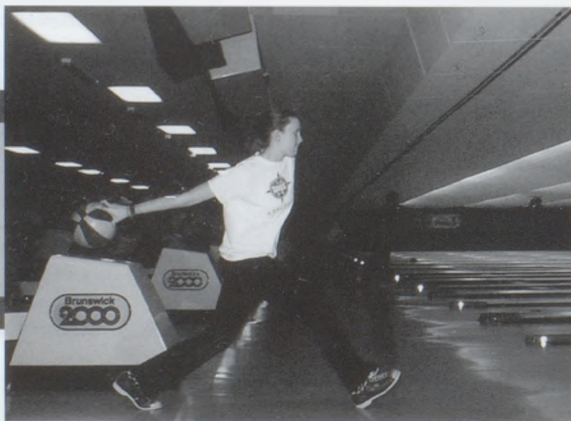
# A Whole New Look

## Team cuts hair and laces up for state

Starting out the year the boys' team had made a pact with assistant coach Ed Bangs. The terms were that if they won every single game, they could cut Bangs's hair. Also, if they got first, second or third place at state they could shave his head. They ended their year 8-0, and had won the first agreement. In return for their hard work the boys took turns giving Bangs a buzz cut. "(It) pumped them up and gave them something to shoot for," Bangs said. "It was my idea, it encouraged them."

With the new 'do, Bangs and the team prepared to go to state for the second time in four years. According to junior Greg Olson, they decided to start a new tradition with Olson's father, who had promotional green shoe laces in his bowling bag. Upon seeing them they decided to use them for the state tournament. "(We decided to use them) so we would look more like a team," Olson said. "Next year we're going to use different colors."

The main goal was to make it to state, but first they had to get through sub-state. At sub-state, they had to play three other schools. The top two schools advanced to state, and the boys were one of them. At state their final score was 3171, placing them 11th out of 16 teams. Since they did not place at the top at state Bangs got to keep some of his hair that was left after the buzz cut. *spread by Rebekka Lynne Broeker*



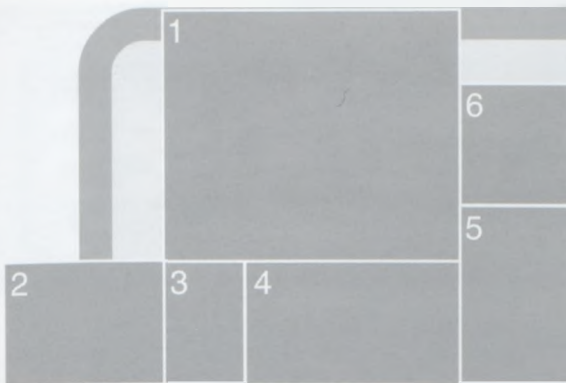
Sports

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1. Talking to assistant coach Ed Bangs, junior Greg Olson and sophomore Jeremiah Keltner discuss the upcoming state tournament. Bangs was also an employee at Plaza Lanes, where the boys practiced for state. *photo by Shaina White*

2. As the only freshman on the girls' bowling team, Cassidy Williams practices her technique for the sub-state match the following week. With a final score of 1709, the girls lost substate. *photo by Rebekka Broeker*

3. Sophomore Brandon Thompson, practices for state in the best place he can: his family-owned bowling alley. Plaza Lanes was owned by the Thompson family since 1957. *photo by Shaina White*

4. Junior Sarah Johnson prepares to bowl a strike during their second meet at Plaza Lanes against Urbandale. Johnson felt that overall the varsity girls could have done a lot better. "We weren't focused and needed more practice," Johnson said. They ended their season with a record score of 4-4. *photo by Rebekka Broeker*

5. Putting on her bowling shoes, junior Erin Turner watches her other teammates practice for an approaching meet with Ankeny. Both the boys' and girls' teams practiced at Ankeny Lanes. P so that they would know the layout of where they would be playing the next day. Of the overall year Turner said, "We did a lot better this year than all of the years I've been on the team." *photo by Shaina White*

6. Keltner gazes at his score on the screen and observes his teammates while they play their second meet against Urbandale at Plaza Lanes. The varsity boys won for the second time with a score of 3067. Keltner said, "We had a great year, we just didn't pull through (state)." *photo by Shaina White*

## t h e diagram



### the ball

According to junior Justin Olson, each person on the team had two or three balls of their own. The balls were made of polyester and could be a maximum of 16 pounds. There could be a total of 12 holes in each ball. The holes were there for the fingers and gripping purposes.

### the legs

Each player had their own technique and form of using their legs. When bowling they would kick their leg up and behind their body. "The leg comes up because there is so much speed and momentum," Olson said. "It helps you keep your balance."

### the shoes

As well as having their own bowling balls, the team members also had their own shoes. Unlike bowling shoes, regular shoes had more traction, and were heavier. Unfortunately this did not help the team at all, which was why they wore bowling shoes.

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Bowling





# Demanding Schedules

**Not enough time affects competitions**

Sunday: Iowa All Stars practice. Monday: school, homework, school practice. Tuesday: school, homework, game/meet. With exhausting schedules, the cheerleaders decided to compete in only the state competition and no others. They still participated in school activities, but did not compete in extra school competitions.

According to sophomore Ashley Meade, the squad wanted to compete in more competitions, but with the time consuming practices, it wasn't going to be worth the effort. Also, the recent coaching change brought about new styles which were hard for the squad to adjust to. Sophomore Dani Martinson said that with the expensive trips and outfits, money was also becoming a problem for some families. Members of Iowa All Stars, a competition squad with girls from the Des Moines metro area, wanted to direct more attention to that squad's routine.

With many factors coming into mind, senior Toni Chrisman said she brought up the idea of only taking part in state. She knew how most everyone felt about the situation, but wanted to bring the topic up in a more formal manner. After one practice, the squad came together and decided that they would try to participate in more school competitions the next year if their schedules allowed it. Coach Leanna Shattuck knew that the squad had been debating the idea for a while and said she was disappointed, but glad the team came and talked to her about the situation before it got further into the season. The squad ended up placing third at state. *spread by Stacie Schafer*



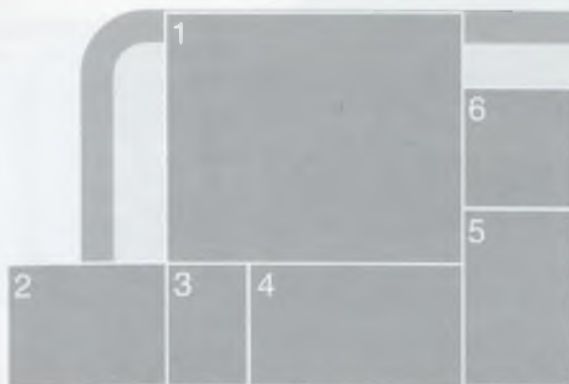
Sports



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1. Smiles and spirit are abundant, courtesy of the football squad. Senior Toni Chrisman started to get the crowd back into the game, along with the other eighteen members of the varsity team. All members took part in the competition squad. *photo by A. Cook*

2. Getting feeling back in their noses, juniors Mikaela Donaldson and Kileye Waltz warm up with hand warmers. When the football team made it to playoffs, part of cheerings' job description was cheering in weather with a windchill of ten degrees. *photo by Aston Simpson*

3. Freshman Lydia Givens works diligently to get the adult section excited about the close game at hand. The freshman squad was broken down into two squads: one for boys' basketball and the other for girls' basketball. They also performed a short routine at two halftimes. *photo by S. Schafer*

4. Encouraging the wrestlers, freshman Joelle Blanchard, senior Britt Ustrud, and juniors Stephanie Williams and Emily Funk cheer for a pin. There was a total of six members on the squad. *photo by L. Lockner*

5. Sophomore Falyn Tingley rallies up the crowd to prepare them for the great game ahead. "I have been cheering since I was in seventh grade. I haven't even thought about quitting because great bonds are made and I don't want to leave those," Tingley said. Tingley was one of the flyers and said that she had to trust all her teammates to catch her. *photo by Amanda Cook*

6. Arousing cheers from the student section, senior Brienne Shaw flashes her smile and claps her hands. "The best part of cheering is going to all the football games," Shaw said. Cheering on the Rage at DMACC would be her first opportunity to cheer at the college level. Shaw then planned to transfer to the University of Iowa or Southwest Missouri State to continue her cheering career. *photo by Stacie Schafer*

## t h e diagram ...

### the mind

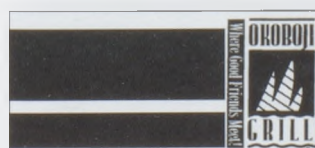
Making the noise even louder, senior Stephanie Bunting uses the megaphone. The mind played an important role in cheering. Concentrating on lifts and knowing the movements for the cheers made each go more smoothly. The mind told Bunting that it was the right time to make more noise.

### the smile

A flashy smile along with snazzy facial expressions set an ecstatic tone for an immense cheer. The smile kept the crowd's eyes on Bunting. It also helped the crowd feel more comfortable to start their own cheers and begin showing off their school spirit, according to Bunting.

### the hand

Bunting said a variety of activities included the hands. For example, clapping pumped up the crowd and it backed up the team. The hand was also used for lifts. Lifts were a favorite of the crowd and when in competition they were an essential. *photo by Schafer*



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Cheerleading





# Strength in Numbers

## New method makes strides

Coach David Beason decided to try out a new strategy at meets. He described the new tactic as strength in packs, which was when five to seven boys ran in a cluster.

The decision came about because there wasn't a guaranteed first place runner like there has been in the past. According to Beason, there wasn't one person whose abilities stood out above the others. "We have a lot of strong runners that stay together, which in turn makes the other team's point totals go higher," said Beason.

"Running in packs has worked well," said junior Kory Ross. He said when they run together they have people to push and help them along the way. The boys are then able to have people to stay with throughout the race, according to Ross. Ross usually ran with junior Jake Haden, because they pushed each other to become better. "Haden tries to set the pace and we feed off of him," said Ross.

Sophomore Colby Elmitt said he felt running in packs was a benefit because all of the finishing times are closer together. "With pack running everyone is a part and every last person counts," said Elmitt.

The new strategy taken on proved to be successful. The varsity team got third at districts, which qualified them for state in Fort Dodge where they received 15th place. *spread by Abbey Gessmann and Ashley Meade*



## Go Dragons!

Craig & Bobbi Coughlin . Mark & Judi Cooper . Wayne & Maureen Fry . Dean & Mary Gillaspey . Don & Mary Haden . Dave & Cindy Hammer . Chris & Laura Holt . Dean & Joann Kron . Craig & Janie Kruger . Jim & Jill Morrill . Chris & Julie Pike . Gary & Diane Ross . Tom & Nola Seaberg . Alan & Lisa Swett . Steve & Thilges . Neal & Kim Thuente . Russ & Dae Underwood . Dave & Julie Walter







1. Passing Spartan Jesse Hines, junior Jake Haden pumps his arms at the state meet. Haden said, "I like to start out the first two miles slow and steady together. Then in the final mile I put all I have into my running and I don't hold back." Haden finished with a time of 16:56. *photo by Tyler Swett*

2. Sophomore Tim Gannon triumphantly defeats junior Jordan Lampe at the Urbandale race on Sept. 30. Gannon normally ran with Lampe or junior Nick Bussanmas. These three also hung out outside of cross country and agreed that they had a lot of fun times at the meets and on the bus rides home. *photo by Abbey Gessmann*

3. Looking to his next destination, sophomore Alex Kron advances in strides at the district meet on Oct. 23. Kron got a time of 18:18, but his best time was 17:10 at the Ankeny meet. Kron felt practices were a lot harder than in the past, but making it to state made the hard practices all worth it. *photo by Tyler Swett*

4. Sophomore Colby Elmitt tries to catch up to freshman Jay Quick at the Southeast Polk meet on Oct. 16. During

the race, Elmitt stayed behind Quick to block the wind. Elmitt didn't catch up to Quick, but finished with a time of 19:22, while Quick finished two seconds faster. *photo by Sheena Wendel*

5. Junior Jordan Seaberg is neck and neck with Kennedy runner Wade Sitzmann at state. The state meet was held at Fort Dodge on Nov. 1, where Seaberg ran the 3.1 mile course in 17:05. *photo by Tyler Swett*

6. Amidst a pack, junior Jake Pike proceeds towards the finish line at the Urbandale meet. Pike finished the race with a time of 19:35. He said that pasta dinners were the best part of the sport, because they really got him pumped for the upcoming race. Pike also liked that he got to hang out with his friends and eat. *photo by Abbey Gessmann*

## the diagram...



### the mind

Junior Daniel Gillaspey's race begins way before the starting line. He tried to start his races by being mentally prepared. "Before the race I try to keep a positive mind set," said Gillaspey. For state, Gillaspey said he thought about departing early and going all out but making sure the guys stayed together.

### the arms

Gillaspey's arms played an essential part of his running. He lifted three times a week, using low amounts and doing more reps to get ready. Gillaspey said he focused on his form the most in the last mile because it gave him more momentum.

### the feet

Gillaspey wore light weight, middle distance spikes, while he ran in races. The shoes helped push off the ground, especially when going up a hill. Gillaspey tried to run on his toes the last 100 meters because it made him run faster. *photo by Tyler Swett*

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Cross Country, Boys'





# Hard Work Pays Off

## New ideas lead team to conference victory

New ideas sometimes take years to succeed. Varsity head coach Patrick Hennes, however, proved that they can succeed, and that it can happen quickly. Under Hennes's leadership, the team won the conference meet in Marshalltown on Oct. 16.

According to Hennes, hard work paid off. He said, "I am proud of the team. They have done a lot in the year to win conference." Hennes also depended on outside resources to improve the team. "Training the team I drew on four years of high school and college cross-country at Wartburg College," he said. "I had great coaches in college and I tried to model myself like them."

The girls agreed that their hard work was a part of their success. Freshman Carley Hammer said, "Hennes pushes a lot harder (than the middle school coaches). He knew what had to be done to win."

Freshman Grace Mieners said, "It (winning conference) was neat because he put so much time and effort into the team."

With such a victorious record in his first season, Hennes received the CIML's "Coach of the Year" award. "I got coach of the year because of all the hard work the girls put into it," said Hennes, "It is a great honor to be recognized by fellow coaches." Hennes's leadership led the team to a victory at conference, a second place finish at districts and a sixth place ranking at state. *spread by Amanda Kennedy and Andy Pullen*



Sports

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2. Trying to get an early lead, sophomore Kelsey Brown accompanies sophomore Emily DePenning at Fort Dodge. "I think it's good to wait until the middle of the race to start picking people off, so you don't get too tired before the end," said DePenning. *photo by S. Wendel*

3. Freshman Kelsey Hyde, concentrating intently at the finish line, completes the race in eighth place at conference. For many runners, this was the most important race. "It was the last meet of my season, so I wanted to try my best and get a good time," said Hyde. *photo by Sheena Wendel*

4. Hennes gives varsity a pep talk, as senior Steph Robinson, sophomores Tiffany Wendel, Kelsey Dickens, freshman Heather Wendel, sophomore Kelsey Brown, junior Lori Bjork, and sophomore Emily DePenning listen intently. *photo by S.W.*

5. With fatigue painted on her face, sophomore Liz Timmins finishes the varsity race at Urbandale with a time of 17:35. Meets like Urbandale did not help them go to state, but they still helped the girls prepare for upcoming meets like conference. These "practice" meets helped the runners have the best outcome in history, said Hennes. *photo by Sheena Wendel*

6. Bearing down on the finish line, freshman Heather Wendel finishes the race. Her sister, sophomore Tiffany Wendel, was on the varsity team with her. "She (Tiffany) pushes me a lot, but it's just friendly competition," said Heather. Competition for a position on varsity was intense, because the positions were not set. The varsity team improved from an average time of 17:48 at Johnston to 16:00 at conference. *photo by S. Wendel*

1. Focused on completing the race, sophomores Chandra Binnie and Jessica Mitchell run together at Fort Dodge. The runners were told to run together and cheer each other on to help lower their overall time. *photo by Amanda Kennedy*

## the diagram ...



### the mind

The mind is an important part of being a good cross-country runner, according to senior Tiffany Barz. Barz, who was the senior captain, thinks that using her head was the third most important part for running. She felt it helped runners set a good pace at the beginning of the race.

### the arm

Although the arms may not seem like they have much importance in running over three miles, Barz thought differently. She felt the arms were the second most important body part. "Arms make it easier if you pump them. They are what keep you going," said Barz.

### the leg

Obviously, the legs have a very great deal to do with how well runners do during a long foot race. Good, strong legs were the most important body part, according to Barz. "You need your legs to run. If they don't work, you can't run," said Barz. *photo by Sheena Wendel*

**Congratulations!! CIML Champions, 10th place finish at state and CIML Coach of the Year: Coach Hennes.**

Amber & Kurt Barz, Debbie & Jim Binnie, Jeanne & Tim Blutt, Julie & Keith Brown, Tami & Richard DePenning, Kerri & Mark Dicken, Rogena & Fred Funk, Dea & Jerry Green, Gary Hlavka, Ann & Gerry Miners, Jane Nance, Steve Richter, Cathy & Rob Robison, Lisa & Chris Samason, Pat & Terry Timmins, Kim & Joe Traylor, Deb & Jon Wendel, Lori & Brent Wilson, Sharon & Kirby Wilmore, Elaine Lundstrom & Dave Yurdin.





# Too Late for State

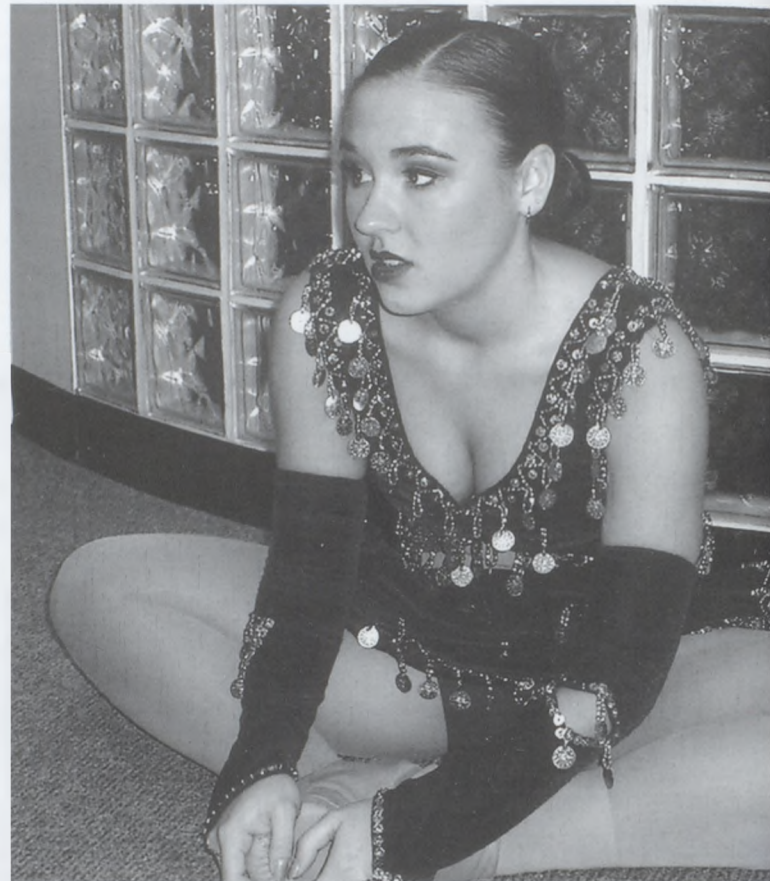
## Foreign costumes cause stress

Having a costume custom made is a long process, but having 12 custom made in a different country takes even longer. In order for their costumes to be more authentic, the team ordered each of them from Turkey.

On Dec. 5, the team competed at Veterans Memorial Auditorium for the state competition. That was the day the costumes were supposed to arrive. Junior Christa Beason said they knew the costumes were going to be late, but they were just later than they had thought. Due to a holiday called Ramadan, the workers didn't come to work, which caused all the costumes to be delayed.

The problem was the team didn't know what they were going to wear to the state competition. Sophomore Amanda Thrasher said they didn't want to wear their JHS uniforms because they wouldn't have received points for their outfits, since they didn't coordinate with the song they performed to, "The Sweet Taste of India," sung by Aerosmith.

The day before state, Mary Pike and Leslie Lorenc, mothers of team members, started looking at theatrical shops for costumes that looked similar to the ones delayed in Turkey. They got them the day of state and Lorenc had to bring a sewing machine and fix the costumes by eye, according to Beason. However, for being a dance team, they were able to get a discount and got them for \$30 each, on top of paying \$150 each for the costumes already purchased in Turkey. The costumes did arrive in time for regionals on Jan. 5 and 6. *spread by Lindsey Lockner*



Sports

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1. Senior Whitney Lorenc stretches before a performance at a University of Iowa basketball game. "I wasn't nervous, we did it last year, too. There was a girl on last year's team whose dad arranged it and he did it again this year," said Lorenc. *photo by A. Gessmann*

2. In the zone, freshman Alison Langston, junior Christa Beason and senior Lauren Denison dance at the Ankeny basketball game. The team wore those costumes because they were for their jazz songs. "It was a fun performance because it entertained the crowd," Denison said. *photo by L. Lockner*

3. Freshman Emily Hurm dances to Aerosmith's "Sweet Taste of India" at Veterans Memorial Auditorium for the state dance competition. According to Hurm, she had always been a dancer and wanted to be on dance team because she really liked the people. *photo by L. Lockner*

4. With poms in hand, junior Jenny Carl and sophomore Brianna Wi... move to the beat. The girls had to wake up bright and early twice a week to get to practice at 6:00 a.m. Along with morning practice, ... was also an after school practice each week. *photo by Andy Pullen*

5. Junior Amie Wentland uses a chair and hat for props as she does a chair dance to Michael Jackson's "Smooth Criminal." Wentland really liked being able to use the props because it was something the jv team hadn't done yet. Wentland also liked the change in music; they usually danced to hip-hop, and she said this different style of music made the performance more fun. *photo by Lindsey Lockner*

6. Having makeup applied to her face, senior Laura Mulholland gets ready for the performance at the Iowa basketball game. Mulholland thought that the performance was good because everyone had high energy and the formations were like they were suppose to be. Besides the basketball game, Mulholland and the rest of the team performed in competitions, like the division one competition at Pella, where the five seniors received high scores. *photo by Abbey Gessmann*

## t h e diagram ...



### the hand

Freshman Alison Langston felt that as a group it was very important to have exact movements at just the right time, which included the hands. This was especially important because it was necessary to have every dance in step, clean and in uniform.

### the face

The face told the story and set the mood to the dance. "Sweet Taste of India," sung by Aerosmith, was in a low key and was more intense than any of the other songs performed. For Langston that was different, since she was used to smiling and being happy.

### the knee

Having bad knees was a problem for Langston. It was important for her to stretch before practices and performances. Stretching sometimes wasn't enough, because dancing could still cause pain. "You mostly just have to suck it up and live with it," Langston said. *photo by L. Lockner*



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Dance Team





# Lasting Impressions

## Varsity advances to playoffs

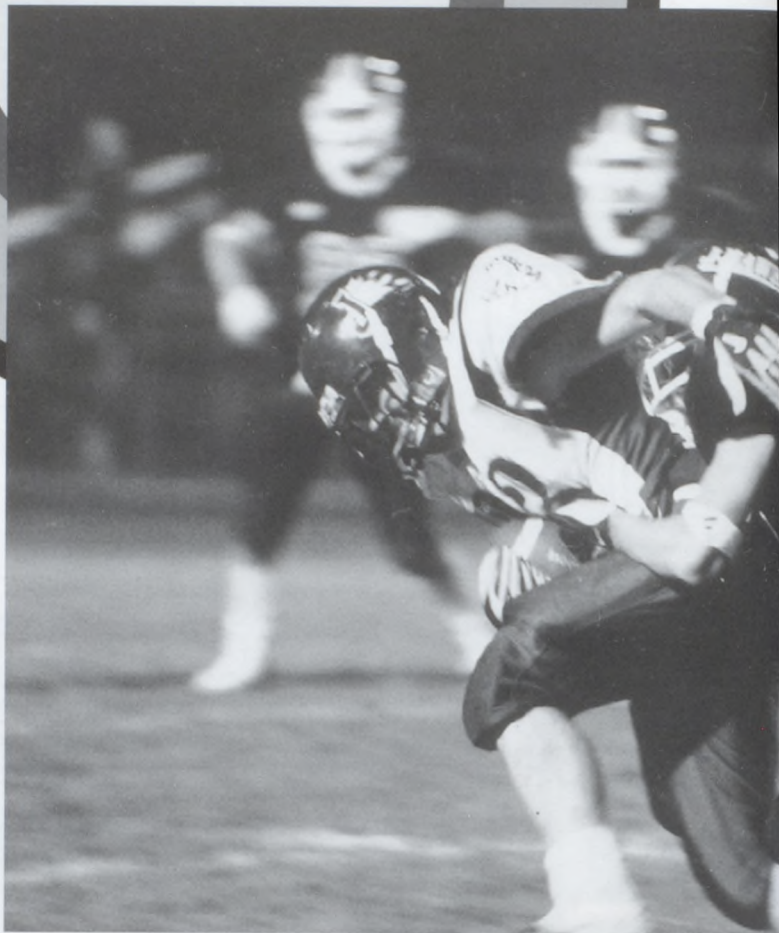
The team's win over Urbandale clinched a spot in the playoffs and a record of 6-3, which became their best record in 4A. Offensive line coach Vern Shelton attributed the success to head coach Brian Woodley and the players. "Woodley is a great motivator with a good plan and the kids have put in the hard work that is needed to be successful," said Shelton.

After a 5-4 season the year before, having another winning record wasn't enough. The goal of making the playoffs occurred during preseason. "We didn't want to settle for a winning season, but to grow off last year and become even better," said senior Derek Retherford.

A key game, according to Woodley, was a last second victory of Council Bluffs-Lincoln. They had an 80-yard touchdown reception by senior Luke Bengston with no time remaining on the clock that gave Johnston a 33-30 come-from-behind win. A winning record and a bid to the playoffs were doubted by some. "People are saying that we have only had two good seasons and can't make it last, but we are willing to make winning a tradition," said Retherford.

Success said a lot to other teams, according to sophomore Andrew Doudna. "It put our name out there to other teams and now we don't have teams overlooking us. When teams play us they are ready for a good game," he said.

The team ended with 7-49 loss to defending state champion, Valley. *spread by Chris Jameson, Nathalie Hurm and Mallory Beck*



Sports

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2. To get past Dowling's Jimmy Swift, number 14, sophomore Jaryd White looks to sophomore Jim Hinchliff for some help. Hinchliff did not block in time, so Swift tackled White. According to White, Swift was the only obstacle preventing a touchdown. *photo by Afton Simpson*

3. After snagging a pass from senior quarterback Derek Retherford, senior Luke Bengston lands in the endzone. The team went on to lose the conference game against Dowling Catholic, 34-24, at Valley Stadium. *photo by Tyler Swett*

4. Freshman Eric Tubbs tries to put distance between him and number 17. During the Oct. 16 tied game against Dowling Catholic, Johnston came out on top to win the game 40-38. *photo by Stacie Bendixen*

5. After beating Urbandale, 17-14, head coach Brian Woodley and assistant coach Nick Durand celebrate the victory that qualified the team for the state playoffs. Junior T.J. Ramsey soaked Woodley with the team's water cooler after the win. Woodley said, "It was in a way, a sigh of relief and also an accomplishment that our hard work has payed off and we made it to the playoffs." *photo by Tyler Swett*

6. With ball in hand and a determined look on his face, junior Brenden Furrow gets ready to make a pass after a block from senior Billy Giusto. "JV was a good experience for me and the rest of the team because it gave the non-varsity players a change to learn more about the game, rather than just practicing," said Giusto. *photo by Rebekka Broeker*

1. With all his might, senior Brian Andrus tries to get away from an Urbandale player. "I kept thinking to myself I have to get this guy off me if we even want to consider a chance to go to the playoffs," said Andrus. *photo by Tyler Swett*

## t h e diagram



### the helmet

Senior Derek Retherford uses a helmet to protect his skull. The helmet was undoubtedly the most important part of the player's padding. Weighing five pounds, the helmet added extra weight for the player to carry while he played.

### the shoulder

The shoulder pads protected players' chest and shoulders from oncoming tackles. The pads go down to the middle of their chest to ensure protection for their ribs. Retherford's pads made it safer for him to duck from getting sacked.

### the hip

These pads helped prevent any injuries to the hip area. The thigh and knee pads also defended against the opponents' hits. These pads ruled out any serious injuries if a player was directly hit with the helmet. Retherford planned on playing football wherever he decided to attend college. *photo by Tyler Swett*

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Football





# Setting the Standard

## Senior Brian Allison sets example for others at districts

With a triple bogey on hole 14, Allison was still able to come out on top placing first at districts with a score of 69, helping the team place third. The team went on to play at state, where they placed 11th out of 13 teams.

Allison, who played number one varsity, was the team captain for his second consecutive year and was a role model for many of the younger players. "Coach (Frank) Sanders came around and told me that Brian was doing well. It really lifted my spirits a lot to know that he would probably be a medalist at districts, and that our team really had a chance," said freshman Chris Williamson. "My game really turned around after that, I came back after doing bad on the back nine to have one of the top four scores for our team."

Sanders and assistant coach Jerry Kinder expected Allison to do well after watching him birdie his first hole. Updates from other coaches and players informed them that their expectations were met.

Allison agreed that he set a standard for the team. "I hope that they can live up to what I did and go back to state next year," said Allison. *spread by A. Simpson and D. Martinson*



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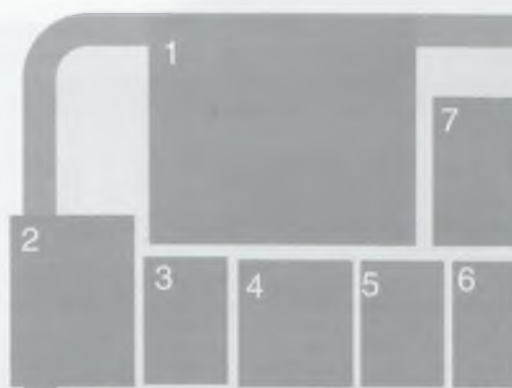
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1. Carefully preparing to putt, senior Brian Allison sets his ball down on the green. He said putting was his weakest area and he needed more practice. Allison's strongest area was his iron. *photo by Afton Simpson*  
 2. Junior Kyle Mentzer squats to observe the

methods of his opponents. When Mentzer played he concentrated on each individual hole rather than future holes. "If you get caught ahead you can't concentrate on the shot here and now," said Mentzer. *photo by Afton Simpson*

3. Junior Cam Heverly puts the ball into hole six at the Jester Golf Course. In order to work on his putting consistency, Heverly went to the putting greens and practiced putting drills. *photo by Afton Simpson*

4. Nervously waiting the outcome, freshman Brandon Behanish puts his ball into the first hole at CIML Invitational for par. "The putt was eight to nine feet away," Behanish said. Putting was Behanish's weakness until he improved it through practice. *photo by Afton Simpson*

5. Freshman Chris Williamson follows through with his swing as he hits the ball down the fairway. Williamson said he assisted with the

score at districts in his very good back nine. He got a 45 on the first nine and a 35 on the back nine. Williamson said he improved his game once he realized he was shooting the same shot over and over. *photo by Simpson*

6. With his eye on the ball, junior John Jacobsen looks down the fairway. Jacobsen used many strategies when preparing to hit the ball. He relaxed and thought about the shot he was on and didn't think about what was going on around him. After he hit the ball, Jacobsen watched and focused on the middle part of the ball the whole time. *photo by Afton Simpson*

7. About to strike the ball, senior Nathan Pirie gains momentum with his club. Pirie took up golf his freshman year because his father objected to him playing football. Pirie golfed with his teammate Allison over the summer and in meets for three years. *photo by Afton Simpson*

## the diagram



### the eye

Sophomore Brady Nurse's eyes always look ahead to the hole so he can hit greens on regulation. As he teed off, Nurse looked down the fairway for a bridge or tree to aim for so the ball would go towards that target and stay on the green.

### the hand

Nurse uses his hands to keep his grip on his strong area, his irons. His irons help him hit straight and close to the hole. Nurse also said he can use his irons on a variety of fairways. He used his iron to tee off hole 14 at state, which was where he hit the pin and then putted the ball in for a bogie.

### the foot

Nurse points his feet directly at his target, the tee. The target at districts was to go to state. As Nurse came off the last hole he didn't feel too confident they made their target, but found out the team placed third and was going on to state. *photo by Afton Simpson*



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Golf, Boys'





# Nerved Competition

Newcomers with no competitive experience join varsity

Newcomers do not generally make up half of a varsity team for the first meet. However, when the team took part in the Urbandale Invite on Apr. 12, three of their six team members had never played competitive golf before, which meant that half of the team was in fact newcomers. On a team with no seniors, inexperience was the team's greatest challenge, according to coach Steve Smith.

Junior Elizabeth Janes was among the three who had played competitively before, though it was her first year on varsity. Janes felt that the invite was their worst meet, and attributed some of their problems to the newcomers' nerves. "They just didn't have the mental game. For it being their first meet, there were some high nerves and that made it difficult (for them)," Janes said.

Freshman Shelly Ward was one of the three who had not competed competitively before. "It was really overwhelming and stressful seeing how much better they were than I was after the first hole," Ward said. The team finished in ninth place with a score of 243. However, both Ward and Janes agreed that their defeat made them want to play more and get better.

As the team continued their season, they had similar troubles with inexperience. They faced their troubles by taking a new outlook on the game and playing for fun, according to Janes. "We know that we have next year. We are having fun and that makes it a good atmosphere," Janes said. *spread by Wendel*



Sports

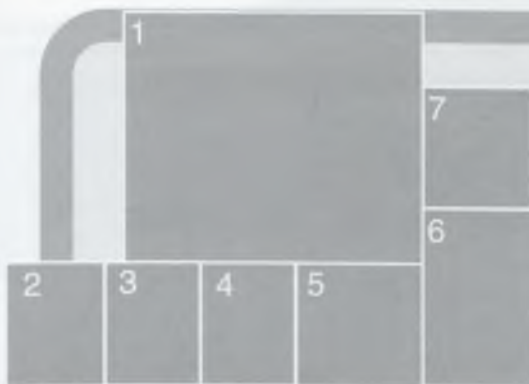


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1. Carefully finding her way out of a sand trap, freshman Annette Beswick moves toward the green in a varsity meet against Ankeny. A challenge for Beswick was playing on courses she had never played before. *photo by Tyler Swett*

2. With high hopes, freshman Brianna Upton watches the ball ~~draw~~ ~~number~~ to the hole. "One time we were going to ~~go~~ through McDonald's drive-thru in the bus to get ice cream, but Smith wouldn't let us. ~~We~~ ~~didn't~~, but not in the bus," Upton said. *photo by Tyler Swett*

3. Sophomore Jessica Upton follows through on her putt at the May 4 Indianola meet. Upton liked meeting girls on other teams, and enjoyed the girls she played with at this meet because she struck up good conversation with them. *photo by Tyler Swett*

4. Following through, junior Katie Battani maintains her form at the Urbandale Invite. Battani felt the team was most competitive at this invite, which took place on May 10. Another Urbandale Invite was held prior to this one on Apr. 12. *photo by Tyler Swett*

5. In an unusual situation, assistant coach Jason Kirpatrick and juniors Alyssa Mueller and Kelly Johnson conference over what they should do. The huddle was caused by Mueller's and Johnson's balls, as they landed exactly next to each other after they teed off. To remedy the situation the trio used a marker and moved one of the balls. *photo by Afton Simpson*

6. Junior Ashley Oeltjenbruns hits her ball out of the sand at the Johnston Invite on May 3. Along with being stuck in the sand, Oeltjenbruns endured getting stuck in or behind trees many times, which she found to be challenging. *photo by Sheena Wendel*

7. Sophomore Whitney Bryant takes a putt in the Apr. 22 Ankeny meet. Bryant played on varsity, though jv also participated in the meet. For invites only the six varsity golfers competed. *photo by Tyler Swett*

## t h e diagram . . .



### the visor

Junior Whitney Warne putts in the May 4 meet against Indianola. Warne sported either a visor or sunglasses when she played, and on this day opted for the visor. She said she liked the visor because it kept the sun off her face so she would not burn while on the course.

### the glove

Warne used the glove to help her keep a grip on her club, a putter in this case. She also utilized it because it protected her hand from blisters. "Golf is a fun game. You don't have to do any physical exercise and I did not have to try out to be on the team," she said.

### the pants

Khakis were just part of the uniform for Warne. She said she was required to wear the fabric on course when playing in a tournament or meet. Warne was the number seven golfer, so she played jv but moved to varsity when needed. *photo by Tyler Swett*

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# Making the Cut

## Senior Ernad Jaskic tries out for national Bosnian team

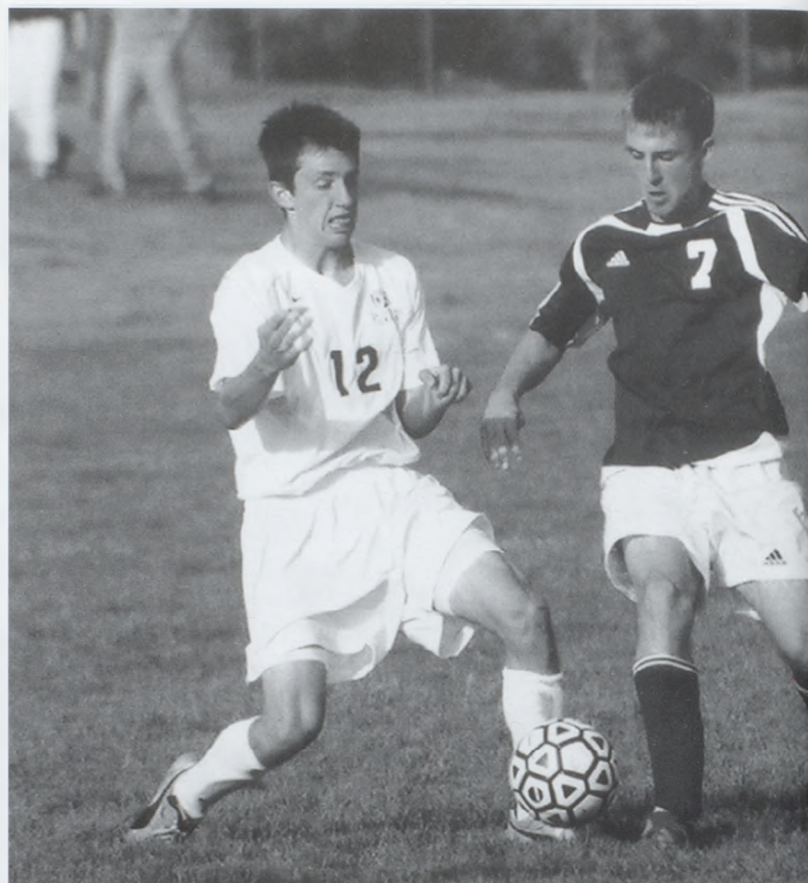
Seniors in high school do not usually have the opportunity to try out for a professional soccer team or a coach who represents a professional team. However, Jaskic was one of the few who had such an opportunity when Jaskic's coach from the Des Moines Bosnian Men's league came up to him and suggested he go to a tryout for a national Bosnian team. "How could I say no?" Jaskic said. He and three other team members from the Des Moines league went to St. Louis and tried out.

It was a three day tryout period. The first two days were full of practicing and preparing for the games they would later play in front of the Bosnian recruiter.

The weekend of the tryout happened to be the same weekend the school team had their first tournament. Jaskic had to miss three of their games. "He is definitely a key player on the team, but we couldn't think about him being gone. We just had to play," junior Matt Dominguez said.

When Jaskic got back from his tryouts in St. Louis he knew pressure to succeed was going to be a problem during the games, but he said he knew he had to stay focused. "It (the pressure) is there inside of my head, but I try to avoid all of those feelings and just play my Johnston game," Jaskic said.

Although Jaskic wouldn't find out if he made the team until August, he still felt very hopeful that he would make it. Jaskic said, "My coach said when we left for home that I shouldn't worry about it. I looked great playing." *spread by Abbey Gessmann*



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2. Junior Niles Bailey works for the ball during the North game on Apr. 15. The team beat North 4-0. "North was a good team to play at the beginning of the season, because it gave our team a boost of confidence. It was a good win." Bailey said. *photo by Tyler Swett*

3. Using his foot skills, sophomore Kyle Phillips gets around a defender. Phillips didn't feel the team worked as hard as they could have in this game against South East Polk. However, he thought that the team was progressed well together. *photo by A.G.*

4. Building up for his kick, freshman Thomas Schweitzer heads towards the goal during the Newton game on Apr. 26. Schweitzer was new to the school and he felt joining both soccer and golf helped him adapt to the switch in schools. "I have made a lot of friends, freshmen and sophomores. It is nice," Schweitzer said. *photo by Abbey Gessmann*

5. Junior Ben Langwith runs for the ball and works on getting back into his full strength. Langwith missed a portion of the season because of an injury he had earlier in the season. Langwith's injury came the night of the Valley game, Apr. 23, when he was warming up his legs on his bike. Langwith dodged a truck but when he went for the brake he fell off and gashed his leg. Two stitches and three games later he was back in full force, for this May 6 Dowling game. *photo by Tyler Swett*

6. Sophomore Chris Heffling rummages around a Dowling player to win the ball from him. The team beat Dowling May 6 for the second time in their season, after the game on May 6. "I feel very privileged to be able to start varsity as a sophomore, especially in such a big game," Heffling said. Heffling had been starting varsity since the middle of his freshman year. *photo by Tyler Swett*

1. Stepping up to kick the ball, senior Ernad Jaskic tries his hardest to defeat his Dowling opponent. Jaskic felt the varsity team did well throughout season. The final record for the season was 11-5. *photo by Tyler Swett*

## the diagram



### the eyes

When in a game, freshman Ryan Dickey has to use his eyes as much as he can. "When you have the ball and there is a defender on you, all you can do is look up and around you for your team color," Dickey said. He also said you must have good eye and foot coordination.

### the shins

The shin guards are very valuable to the game of soccer. The rulebook said that everyone participating in the game must wear shin guards. "There are some very messed up things that could happen to your shins if you don't have them on," Dickey said.

### the cleats

Players have to use their feet for kicking the ball and to run, which makes the feet important to the game. Dickey's team did drills in their practice to help get their feet fast and efficient. To help keep the feet fast you need proper cleats. Dickey said he wore Adidas Predators. *photo by Abbey Gessmann*

"When I am a sophomore or a junior I will most likely have my dad as a P.E. teacher. I can't this year because I don't think he teaches freshmen. But when I was in elementary school I really wanted to be in his class. I still wouldn't mind." **Chelsey Beason, freshman**





# Beyond Others

**Team concedes only five goals, places second at state**

Ranked number nine in the state at the beginning of the season, the girls knew it would be an exciting year. "I knew it would be exciting because of our talent," freshman Sarah Schultz said.

However, the girls didn't expect to go nine games in a row without being scored on. In the tenth game, the team played Urbandale and allowed the first goal. According to junior Megan Ware, the goal scored on the team was due to a controversial call in the box that led to a penalty kick.

Then, in the following game against Roosevelt, the girls conceded another goal but once again it was on a free kick outside the box. The free kick was due to a slide tackle, according to sophomore Tif Wendel. "I thought it was legal but I guess the referee saw it differently," Wendel said.

Although the team was eventually scored on, they still thought that the season was a success with a record of 16-3 and the best start in school history.

The girls beat Ames in the regional final game to qualify for state after losing the past three years. At state, the girls beat Bettendorf 2-0 and Dowling 1-0 but lost in the championship game 1-0 to Iowa City West. Senior varsity captain Stephanie Cameron said, "It was an awesome experience (at state). It is something that I'll never forget and lots of memories were made there. It was a great way to end my senior year." *spread*  
by Nicole Jansen and Stephanie Cameron



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1. Displaying a move, sophomore Kelsey Dicken gets past two Urbandale opponents, Brooklyn Barton and Brittanie Waddell. According to Dicken, the game was a tough loss because it could have gone either way. *photo by Nicole Jansen*

2. With her eye on the ball, sophomore Emily Chrisman fights with her Roosevelt rival. It was Chrisman's first year out for high school soccer, along with many other first-timers. "My friends kept bugging me about not going out for high school soccer so I finally gave in," said Chrisman. Due to the large amount of girls out, the girls had to rotate when they played, so they couldn't play every game. *photo by Nicole Jansen*

3. After stealing the ball from her Dallas Center Grimes challenger, Brandy Creighton, varsity graduate Erin McGowen attempts to get past another. The final score was 2-1 in a double overtime win on Apr. 10, 2003. McGowen went on to play soccer in Minnesota. She said that she was glad to keep playing until she injured her knee. *photo by Tyler Swett*

4. Varsity sophomore Keni Schroeder fights for the ball from Dowling opponent Lisa Morrissey. "Our win was very awarding because we lost to them last year in overtime during the regional final game, which would qualify us to go to state," said Schroeder. *photo by Nicole Jansen*

5. Going after the ball, senior Alex Kovacevich crashes shin guards with her Dowling Catholic opponent, Abby Beaver. The game ended with a tie score of 0-0. This was the third consecutive year that the teams tied each other. *photo by Tyler Swett*

6. Senior Ashley DuBay, then a junior on jv, defends the ball from her Dallas Center Grimes competitor. Dallas Center Grimes was the first opponent for the 2003 season. The game ended with neither of the teams victorious with a score of 1-1. *photo by Tyler Swett*

# t h e diagram ...



## the head

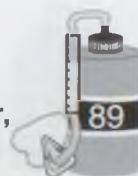
Varsity sophomore Kelsey Brown used her head for strategizing what the next move would be. According to Brown, the head was also another way to move the ball up and down the field. The proper way to head the ball was with the forehead, and not with the top of the head or it would hurt.

## the chest

According to Brown, the chest was used for stopping a ball coming towards them. "The other day in practice, I went to chest the ball from a cross but it knocked the wind out of me because I didn't use the right technique. I should have headed the ball instead," Brown said.

## the cleat

The cleat covered the most important thing in soccer: the foot, according to Brown. The cleats were used for traction purposes on the field to prevent slipping when the players attempted to kick the ball. Brown said that she wore Adidas cleats because they were her favorite. *photo by Nicole Jansen*





# The Next Level

## New coach leads record-setting season

In his 11 years coaching at Shenandoah and Dallas-Center Grimes, varsity coach Todd Merical built a reputation for yielding outstanding sports programs. His first year coaching at Johnston was no exception. The team set a school record for wins, finishing at 38-10. The previous record, set in 1997, was 37 wins.

Merical cited leadership from Katie Reichling and Ashley Wirtz, both graduates, as a major factor in the team's success. He said his overall philosophy was being aggressive, with an emphasis on stealing bases and basic fundamentals. The team spent a lot of practice time perfecting throwing, base running, and bunting skills. Merical also taught new drills and trick plays.

Aggressiveness was a key word among players as well. Senior Courtney Frank said, "He (Merical) was a really aggressive coach. I think his desire to win rubbed off on us."

"He pushed us to the next level," said junior Beth Roese. She felt that by teaching them the skills they needed to win, Merical was responsible, in a sense, for the team's success.

Junior Sara Embrey said the team respected Merical because of his success at Dallas-Center Grimes, and they wanted to live up to the standards that he had accomplished coaching at other schools. "There was something about him that you didn't want to disappoint him," she added. *spread by Stacie Bendixen*



Sports

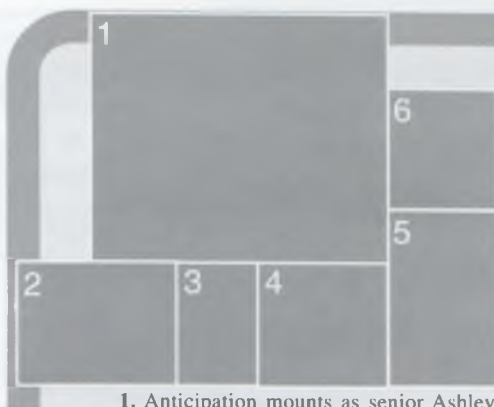
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1. Anticipation mounts as senior Ashley Kilby waits for the ball to make contact with her bat for a bunt. According to Kilby, a batter might decide to bunt as a "suicide" in order to get another player home from third base. *photo by Afton Simpson*

2. Junior Courtney Wirtz aims to bunt with teammate Steffi Smith, senior, looking on. Wirtz's goal for her first season on the team since transferring from Jesup was to meet new people. She was the pitcher, a position she found challenging. *photo by S. Bendixen*

3. Making good use of her carefully chosen Nokona glove, sophomore Libbie Reichling catches the ball at first base. When it came to selecting a glove, not just anything went. Reichling said, "I look for something that can break in well and can form to the ball easily." *photo by Alicia Corron*

4. Freshman Cassy Clark sprints toward first base in a home game against Boone. Clark said the main difference between the middle school and the high school program is the level of play. "The practices are harder than eighth grade, and longer." *photo by S.B.*

5. Obviously in anguish, senior Lizz Swanson examines the result of an encounter with metal cleats: a deep cut above her ankle. "I was playing center field and I was going for a shallow ball when the shortstop cleated me," said Swanson, meaning that she was stepped on by cleated shoes. She left the Dowling game early and got three stitches. *photo by Afton Simpson*

6. In mid-stride, graduate Ashley Wirtz makes a run for it around an Urbandale infielder. Wirtz used to live in Shenandoah, Iowa, where Merical was her sixth grade teacher and coach in 12-and-under softball. After sixth grade, Wirtz moved to Cherokee and then Jesup before coming to Johnston in Jan. 2003. Merical said he had thought Wirtz was "a great girl" and he was glad to see nothing had changed. *photo by Alicia Corron*

## t h e diagram



### the mind

Junior Mindy Schoop's strategy for pitching was to focus on the batter and decide how to mess her up. Right before she threw a pitch, Schoop thought about what batters she had faced and what pitches they'd struggled with, then formulated her plan accordingly.

### the stomach

Proper nourishment is important for any athlete. Schoop said the team usually had pasta dinners before games, but often she chose a Subway sandwich instead for her pregame meal. "As a pitcher I can't eat a lot before a game because it'll just weigh you down," she said.

### the arm

"At this point I'm getting ready to release the ball," says Schoop. "I'm throwing my change-up pitch." According to Schoop, a change-up is a slower-speed pitch that's usually thrown when the pitcher is ahead in the count and the batter is behind. *photo by S.B.*

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# Ripples in the Water

## Experienced team wins over Ankeny

When the team arrived at the Urbandale pool on Jan. 22, they knew it would be a close meet against Ankeny. Preparing for tough meets was something that they had been working on.

Senior Kyle Mansager, team captain, said, "Sometimes we ease off in the morning, but we train through the whole regular season for fundamentals that will help us win big meets."

Beating Ankeny was not an easy task in any sport, and swimming was no exception. Sophomore Patrick Hanson said, "They (Ankeny) have always beaten us. (Winning) means a lot to the team because we haven't beaten them in a long time."

When Ankeny came to the Urbandale pool, the J-Hawks swimmers had their mind set on one thing: an upset. That upset came with a 86-84 victory. Varsity coach Dan Lake said, "The victory was a combination of us being on the top of our game and Ankeny was a little fatigued from the meet before."

According to Mansager, it took more than just the primary swimmers to defeat Ankeny. He said, "Our secondary swimmers just stepped up and did their job and thanks to everyone's effort, we were able to get it done."

Due to the fact that no freshmen tried out for the team, it was clear to the team that they would work well together, according to Hanson. He said, "We had a smaller team, so everyone had to depend on each other. We had no freshmen, so we had a special bond." *spread by A. Pullen and L. Koch*

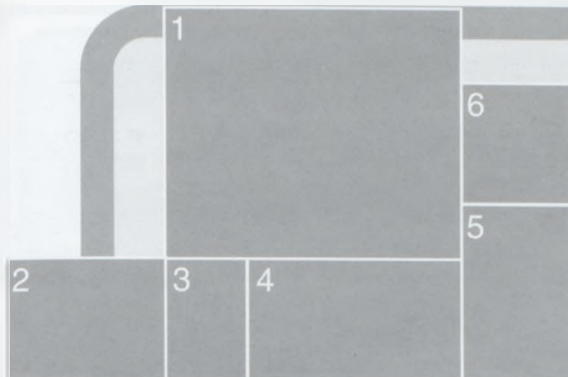


## Congratulations Swim team on always doing a great job.

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1. Sophomore Patrick Hanson extends his arms to enter the water as he tries to get a jump on his opponents. Hanson felt that having a positive attitude at the beginning of the race helped set a good tone for the rest of it. *photo by Andy Pullen*

2. Junior Tyler Swett competes in the 200 yard freestyle. Swett said, "We improved this year by working on the small things. We had most of the big things down, so we just focused on the smaller things to get an edge." *photo by Andy Pullen*

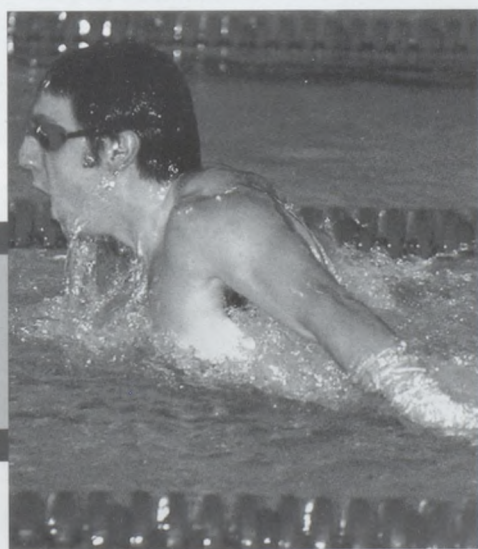
3. In the 100 yard breaststroke, junior Dave Hughes swims to his maximum potential. Hughes felt that JV competition was harder than competition on varsity, because JV swimmers wanted a varsity spot. Hughes swam varsity since he was a freshman. *photo by A. Pullen*

4. Swimming in the 100 yard butterfly, junior Tim Sanders races at conference. Sanders said the team knew the meet against Ankeny would be a tough one, but felt they wanted the win more than Ankeny. *photo by Andy Pullen*

5. Emerging from the water to take a quick breath, senior Kevin Hanigan competes in the 100 yard butterfly against Ankeny. "It's the last year of swimming in high school, and I'm a little sad that I probably won't be doing it in college. I've built a lot of friendships in the past four years and it will be sad to see them go," Hanigan said. *photo by Shaina White*

6. With the 11 lap sign in his hand, junior Brandon Swett communicates how many laps remain to his teammates. Brandon swam on the team with his twin brother, Tyler. "I usually race him (Tyler) in races that either he's better than me at or I'm better than him at. I try harder, especially if he's in the lane next to me, because I can tell how fast he's going," said Brandon. *photo by Andy Pullen*

## the diagram ...



### the mind

Using his head was an important part of being a swimmer, according to sophomore Nick Schumacher. "You need to use your head if you want to be successful in a race, and you need to know how and when to use your strength," Schumacher said.

### the shoulders

The shoulders were the most important according to Schumacher. He had two shoulder injuries throughout the year. His first shoulder injury was tendonitis, which prevented him from swimming at Marshalltown. He later popped out his shoulder while playing basketball.

### the arms

Schumacher said using his arms was the second most important part of swimming successfully. Schumacher said, "The arms are where a lot of your strength comes from, and having strong arms is an important part of being a fast swimmer." *photo by Andy Pullen*



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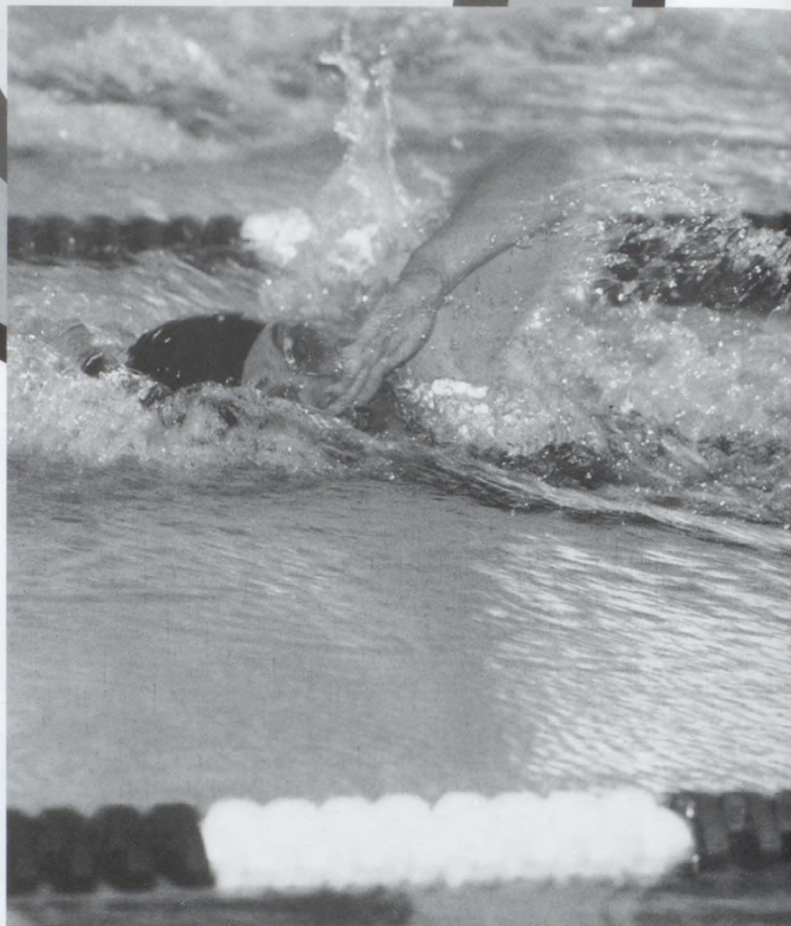
# Departure from Urbandale

## Pool transforms swimmers' outlook

After swimming for the last time in Urbandale's pool the team looked forward to switching to Johnston's new pool in 2004. The girls were excited about Johnston, Urbandale and Waukee staying together as a team. "Our team would be too small if we weren't together, and it wouldn't be as much fun because we're all friends," said sophomore Michelle Gillotti.

The pool, which will be located at the 6-7 building, was planned to include eight lanes for swimming, two diving boards, and have spectator seating for 450-500 people. It included a gutter system, so when swimmers turned at the end of the lane the water, will not splash back at them, resulting in a quicker turn. The gutters were flat so that people could sit on them, such as in P.E. class. "As far as high school pools (in Iowa) it will be the nicest," said Shari Walling, certified pool operator.

While thinking about the pool, state swimmers had to be focused on practicing to compete in state. The girls placed 10th out of the 39 teams that competed, with a total of 76 points. Dowling had previously been ahead of UJW in points at conference and district, but they lost to UJW by six points and placed 11th at state. "It was a nice way to cap the season," said coach Dan Lake, "The team was happy." *spread by Rebekka Broeker and Shaina White*



Sports

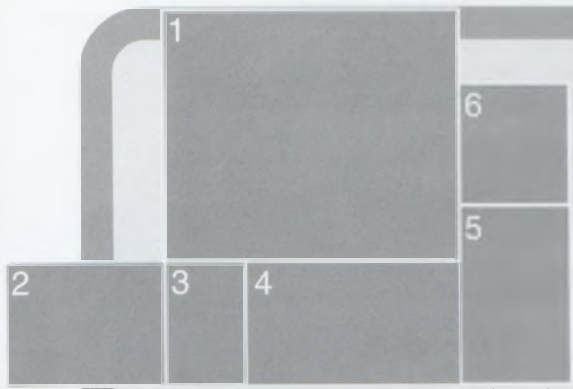


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1. Gliding through the 100 yard freestyle, senior Rachel Hokschi races down the lane. Hokschi tied for first against Dowling, clocking in at 1:00.9. Hokschi said she was sad to close the chapter of UJW in her life. *photo by Shaina White*

2. Flying through the 100 yard butterfly, sophomore Alex Frakes races to the finish line. Frakes earned a time of 1:07.64, helping the team beat Indianola 78-10. Frakes said her strongest race was the 100 yard butterfly, because she was good at it and had strong arms and legs. *photo by Tyler Swett*

3. Senior Allie Mackey paces herself through the 500 yard freestyle in a home meet. Mackey placed second clocking in at 6:13.43. The team lost to Dowling 94.5-91.5. *photo by Shaina White*

4. With a final time of 1:04.09, freshman Katie Luksetich speeds through her portion of the 400 freestyle relay. Head coach Dan Lake said that this was one of Luksetich's better times in a relay. According to Luksetich, she acquired a lot of knowledge about how swimming works, swimming with UJW. *photo by Shaina White*

5. Senior Liz Wong blazes through her 100 yard breaststroke on Sept. 16. Wong placed first with a time of 1:11.946. UJW beat Mason City 119-61. "I will miss the girls a lot," said Wong, "it will be a big difference not swimming for UJW." She swam since she was seven years old, and planned to swim for a college team. *photo by Shaina White*

6. Splashed by her teammate, sophomore Erica King turns away with a look of disgust. King was counting laps for the 500 yard freestyle. The 500 yard freestyle was 20 laps back and forth. Counters had numbered cards that they placed into the water so that the swimmer knew how many laps they had accomplished, and how many more they had to go. *photo by Rebekka Broeker*

## the diagram ...



### the cap

Wong uses her cap to protect her hair from chlorine and to keep her hair out of the way, which lessens resistance. "Different teams have different caps which help identify which team they are on when they are swimming," said Wong.

### the arm

Wong uses her arms to pull herself through the water. The arms were also used for diving. To help strengthen their arm muscles, they lifted weights and did the pull buoy. The pull buoy isolated the arm muscles and stopped them from using their legs.

### the leg

Wong uses her legs to help get off the block when she started, to kick off of the wall and to help propel herself through the water. To toughen their legs they jogged, used the kick board and the flippers. "One time we had to run from 70th St. to 86th and back," said Wong.

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# Making History

## A year of outstanding accomplishments

In the first two meets, with number one and two singles losing along with number one doubles, the rest of the varsity team was forced to step up their game to bring home victories.

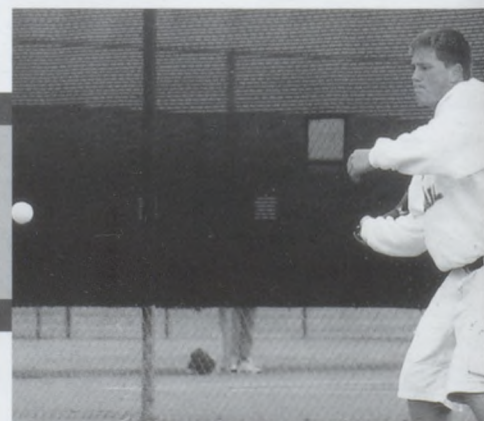
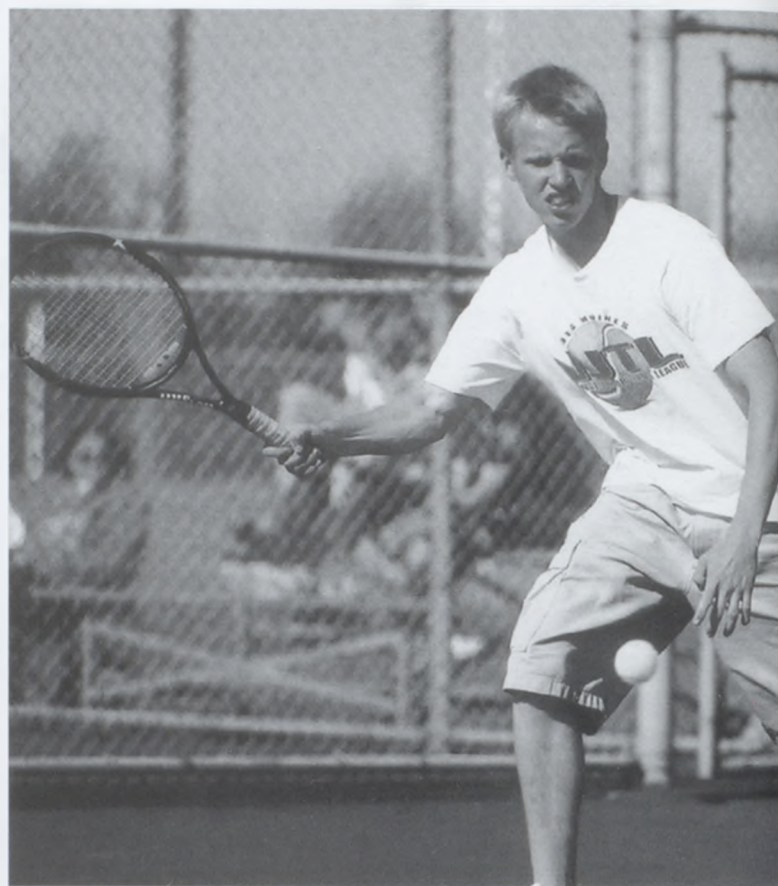
Coach Leslie Shipp thought that "their clutch play" was what impressed her the most about the team. "When they had to play their best tennis, they stepped it up," Shipp said.

Considering that four of the top six singles players were seniors, they had high goals since the first practice. "In practice, we didn't just work on one specific area. We work on every part of the game," sophomore Joey Verrant said. Verrant played three and four singles on varsity.

A big accomplishment for the team had was coming in first at the Ankeny Invitational, something that has never been accomplished in Johnston history. "We told them they had to win first round at the Ankeny Invite and they did," Shipp said.

The team also won conference by going 5-0 in conference meets, went undefeated 10-0, beat Marshalltown, Dowling and Ankeny in meets and won the Ankeny Invitational by 21 points; all for the first time in school history.

Senior team captain Jim Heldt thought the reason they were so successful was how solid the lineup was from top to bottom. "We don't drop off that much like other teams did, and that made us successful," Heldt said. *spread by Andy Pullen and Logan Koch*



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1. Balancing himself, senior Ian Tayner prepares to hit the ball back at his opponents. Tayner played number two singles on varsity and number one doubles. Both Tayner and his doubles partner senior Jim Heldt lost in districts playing singles. *photo by Pullen*

2. Sophomore Scott Sauber smacks a forehand back at his Ankeny opponents during a doubles match. Sauber felt he played well at doubles, but played worse at singles, as he lost in the first round of the jv tournament. *photo by Andy Pullen*

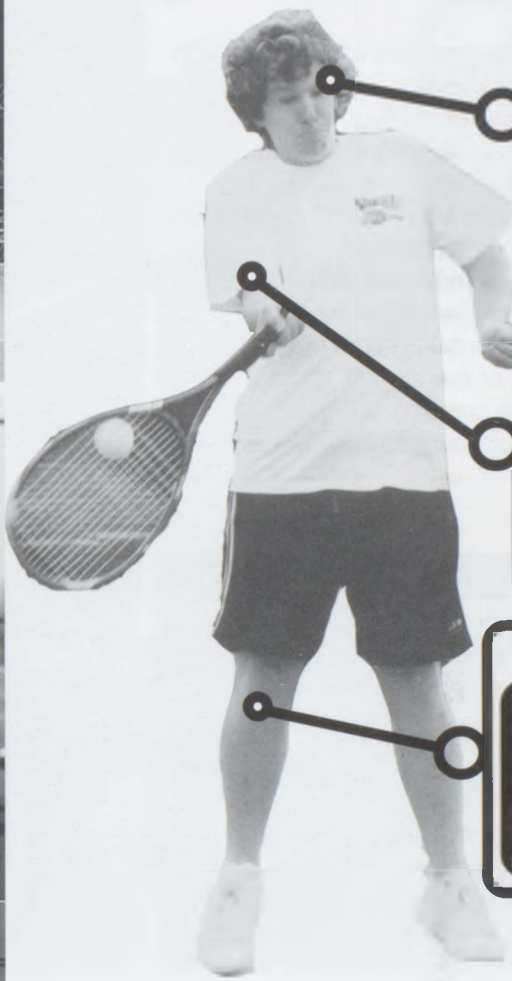
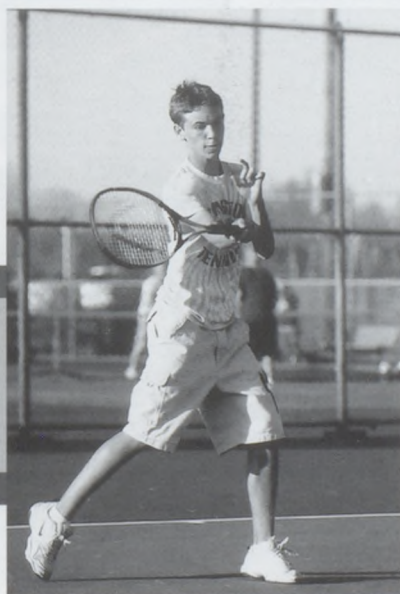
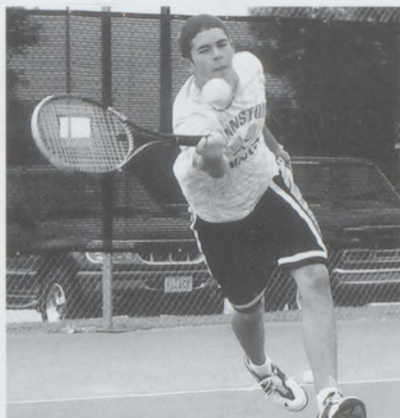
3. While standing at the baseline, sophomore Pavel Kazatsker hits a backhand while playing a doubles match against Ottumwa with his partner, junior Chase Moffit. Kazatsker worked on his backhand during the offseason, and felt he could rely on it better than his forehand. *photo by Pullen*

4. Junior Alex Miller returns a serve in a doubles match before losing the match to go to individual state for doubles. No one made it to individual state, however, the team made it to team substate and lost to Fort Dodge to go to state. *photo by A. Pullen*

5. Keeping his eye on the ball, sophomore Jesse Pullen puts backspin on his shot to try and screw up his opponents. He also thought that he had more control when using backspin. "I preferred singles over doubles, so my partner can't mooch wins off me," Pullen said. Pullen and his partner, Sauber, played number one and two junior varsity doubles and went undefeated. *photo by A.P.*

6. Sophomore Joey Verrant stretches for the ball while playing to go on to state at districts. Verrant, and many other team members, were suspended for different situations throughout the year and were unable to play in some meets. Verrant was caught boxing in a locker room, and was suspended for two days. Seniors A.J. Kohles and Jeff Bunge were suspended for wearing shirts dealing with alcohol. *photo by Pullen*

# the diagram ...



## the pupils

Senior Joe Shaw felt the pupils were a crucial part of playing varsity tennis. "You need to be able to see the ball well to make good contact and have control over your shot," Shaw said. He thought that fast reflexes and reading the ball were important in a fast-paced match.

## the wrists

The wrists were the second most important body part for Shaw. He thought that without wrists, playing tennis would be impossible. Shaw played at five doubles on varsity with sophomore Drew Imhoff, and only lost one match in the season.

## the knees

Shaw felt the use of his legs were the most important part of making the transition to varsity from junior varsity from the previous year. He felt that getting to the ball quickly was an important part of playing at a higher standing. *photo by Andy Pullen*

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# Failure or Success

## Despite record, girls strengthen

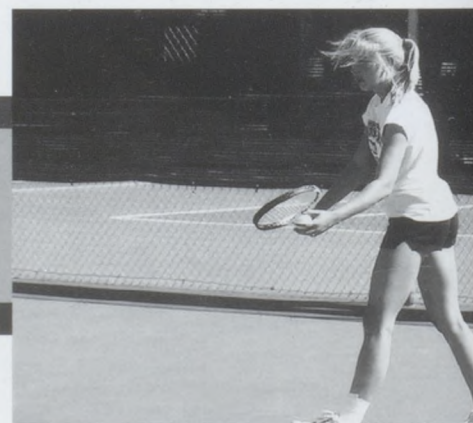
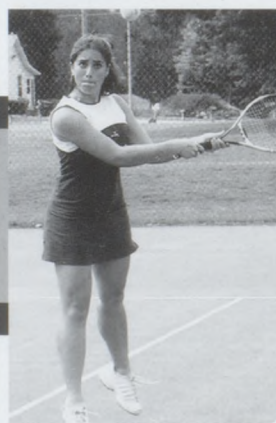
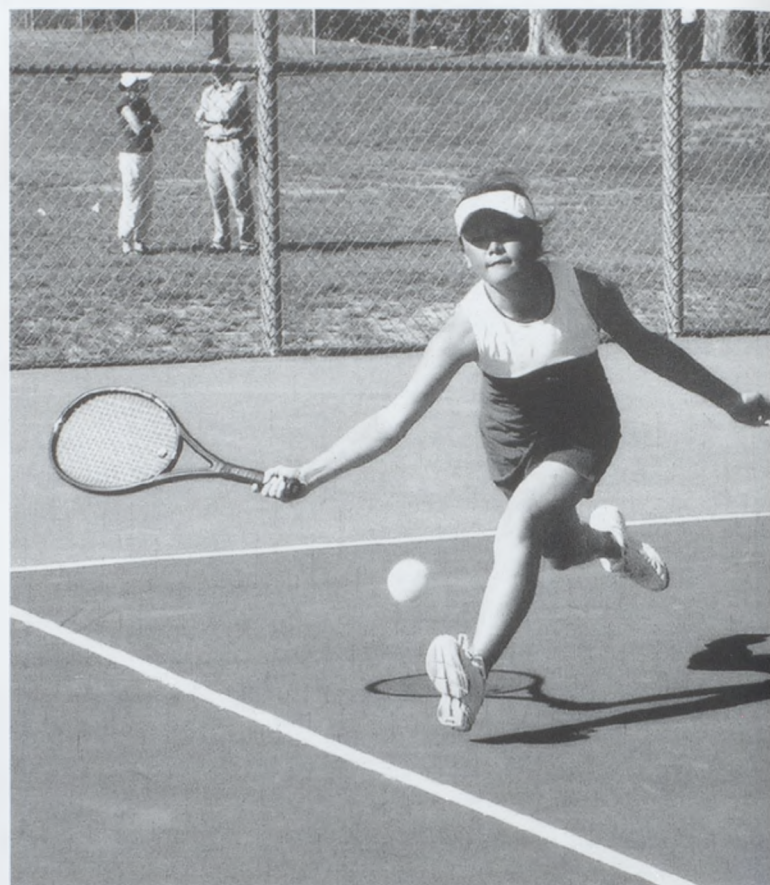
With a final record of 3-7 the girls concluded their season. In most sports the season outcome would be called a failure, but the girls considered it a success. "(Overall) we did better than expected," senior Jenna Woody said. "As a team we learned what needs to be done."

Even though their delight was not shown in their scores, senior Ashley Weaver felt that the whole team gave 100 percent. "(I believe that it was a) learning experience for everyone," Weaver said. "I think the team unity has improved a lot (from the previous season)."

According to freshman Emily Kuster, one especially tough loss was losing out to their greatest rival, Urbandale. They lost three times to Urbandale, twice during regular games and once during districts. "That was a tough one," Kuster said. "But there's no shame in losing."

"Urbandale plays a lot during the off season," coach Deb Nicholson said. "They have more experience."

Junior Allison Dzubak thought the team should have played more during the off season. "Throughout the season we are trying to catch up (physically and mentally) to the other teams," Dzubak said. "(At the beginning of the season) if we played as well as we do at the end (of the season), then we would be more comfortable playing the other teams." *spread by Broeker*

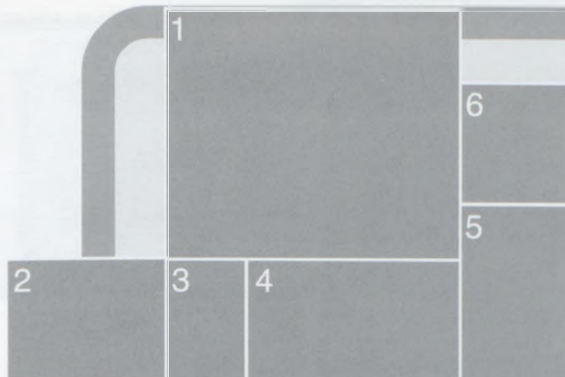


Sports



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1. Reaching out with the racket for the tennis ball, senior Nina Lu races to catch up to it. Lu finished the year with an overall singles score of 3-6. She played both singles and doubles. *photo by Lindsey Lockner*

2. With sophomore Amanda Jones in the foreground, sophomore Rebekah Casciato uses her backhand to hit the ball. Casciato's biggest disappointment was losing to Urbandale thrice. *photo by Rebekka Broeker*

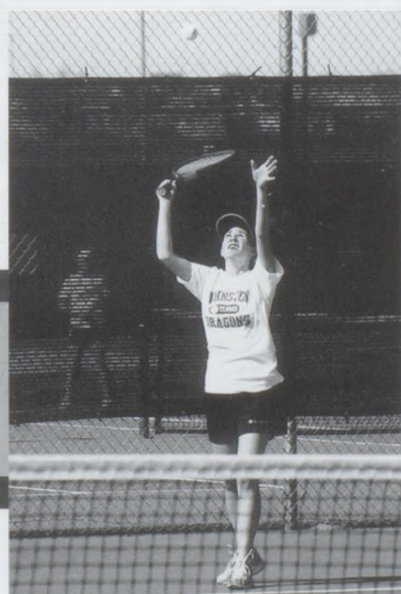
3. In order to reach the ball that sails over her head, sophomore Abby Miller jumps to reach it. "(I think that our) hustling, volleying and overhead skills had improved over the year," Miller said. The girls won the make-up meet against Hoover 7-4. *photo by Lindsey Lockner*

4. Serving the ball, freshman Susan Clausen flings it over the net. Clausen played singles and doubles. Her final singles score was 2-1 and her doubles score, with partner freshman Emily Kuster, was 3-1. *photo by Rebekka Broeker*

5. With both arms up in the air, senior Katie Hlavka prepares to serve the ball to the Ankeny opponent. The team lost to Ankeny 1-10. As a singles competitor she finished 4-6. Her season record with her doubles partner, senior Jenna Woody, was 4-7. *photo by Shaina White*

6. Getting ready to launch the ball to the opposing Hoover doubles team, junior Lauren Turner prepares for the hit. At the Hoover meet the team had to play on the Des Moines Christian courts. They won with a record of 7-4. Turner was a varsity and junior varsity doubles player. As a varsity player, she ended with a final record of 1-0 and as a junior varsity player she ended 3-3. *photo by Lindsey Lockner*

## t h e diagram ...



### the forearm

According to junior Steffi Nyquist, the forearm got a workout by using swings that consisted of the volley and the overhead. The volley was when the player hit the ball in the air before it bounced on the court. The overhead was when the player made contact with the ball over her head.

### the racket

The most important piece of equipment used was the racket. There were many different brands of rackets but most of the girls, including Nyquist, used Wilson. According to Nyquist, the strings across the racket could break and occasionally came loose.

### the calf

When moving across the court, the calf came in handy. Nyquist said that in order to strengthen their legs they would run, sprint, and jump rope to improve their quickness. If they were quicker they could reach the ball on the court faster. *photo by Rebekka Broeker*

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Tennis,  
Girls'





# Barely Qualified

One team advances to Drake Relays by only a fraction

Barely making the cut, one 4x100 relay team went on to the Drake Relays, with only a slim margin of 0.6 seconds below the qualifying time.

"Every second, half second and tenth of a second counts," sophomore Andrew Doudna said. "If you win by 0.1 seconds it's still a win."

During the remainder of the season, before the relays on Apr. 23, freshman Tyler Shannon, sophomores Doudna and Joel Quick and junior Earl Harmon, the qualifying relay team, worked on improving their qualifying time before every meet. As strong individual runners, hand-offs would secure their fate. According to Doudna, if the next runner during the relay took off too early it would result in disqualification, while taking off late would cause the team to lose up to a second, making the difference between first and last place, in a meet and at the relays.

Positioned in heat ten at the Drake Relays they realized they were up against runners they recognized only from newspaper articles, but they kept focused on running and getting their best time. "We wanted to make it to the finals, but our main goal was to get first in our heat," Shannon said.

As the race progressed, the team pulled ahead and the group finished with a large time margin to their competitors. Although they missed the cutoff for finals in their division by 19 teams and 0.7 seconds, the team placed first in their heat. Clocking in at 44.8 seconds at the relays, they eliminated approximately one second from their original qualifying time. *spread by O'Toole*



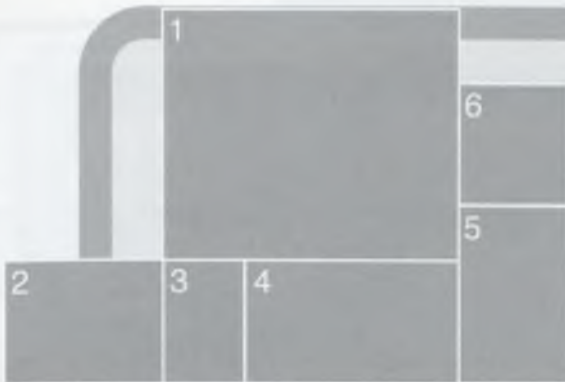
Sports

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1. Already out of the blocks, freshman Tyler Shannon tries to maximize his speed with quick strides in the first 15 meters of the 100 meter race. In a blue of races, Shannon preferred the 200 meter, because he had stamina to finish strong. *photo by T.S.*

2. Juniors Bryan Messmaker and Earl Harmon try for the finish line. Messmaker returned from a knee injury in his freshman year to become an alternate at the Drake Relays where he cheered for Harmon and the three other relay runners. *photo by Tyler*

3. Caught in midair, sophomore Joel Quick pauses over the sand pile in preparation to plant his feet. Quick participated in both field events, like the long jump, and running events, like relays. All year he was able to compete in both, but went on to run a 4x100 at the Drake Relays. *photo by Tyler Swett*

4. Junior Matt Bole clears the bar that is not yet as high as his goal of six feet. Bole admits his performance lacked form. "Once you land on the bar the hard part (of the high jump) is getting up, having the confidence to do it all again," Bole said. *photo by T.S.*

5. Above the 110 high hurdles at his last regular season home meet, senior Derek Deer comes in at 17.17 seconds, securing him at second place. Three days later Deer achieved a spot in the state meet for the high hurdles; accomplishing one of his goals for his senior year. Deer enjoyed helping to run practices and hoped to continue track either with a college team or through intramurals. *photo by Tyler Swett*

6. Preparing to make the switch, freshmen Brenton Hankins and Jay Quick execute a hand-off. During the 4x800 relays, both runners look at the baton to protect it from falling, which would result in the team's disqualification. According to Hankins, they looked at the baton, unlike the shorter relays, because of the tiring distance. *photo by Megan O'Toole*

## t h e diagram ...



### the brain

According to senior Tommy Avaux, the hardest part of running is having the correct mental state. "Every runner has a comfort zone, but when you get tired and keep going you get outside of that zone. Then it's a lot easier to just run and be competitive," Avaux said.

### the baton

Grasping the baton, Avaux took advantage of the lightweight plastic that didn't tire his arms. When the team received new batons they used their spikes to scratch its surface. This allowed a grip to ensure the baton wasn't dropped, resulting in disqualification.

### the sole

The amount of sole or cushion in a track shoe was important to the runner because it can hinder their performance. According to Avaux, distance runners run on their heels, sole provided cushion to prevent injury, while the sole can slow down a sprinter. *photo by Tyler Swett*

"I've danced for ten years. I like it because you can express your emotions, though one time I was on stage for a recital and I totally forgot a part and just stood there for a minute until I could pick up with everyone else."

Tana Friesth, freshman



Track  
Boys'





# Speedy Strategies

## Critical changes aid in enhancing season

The strong season was filled with success, improvement and growth. "Nothing short of excellent," was what coach Dave Beason said of the season. The team received first or second place in every meet they went to. The year began with a large turnout. With a rare showing of 60 participants, it was equally amazing that they retained more than 50. According to Beason, the success was also attributed to a talented freshman group and an awesome team attitude. Yet another explanation for the achievement was new strategies.

The team already had a good sophomore, junior, and senior lineup and when a large group of freshmen came, it strengthened the program. According to coach Greg Oldham, the squad was the largest ever and over half of the varsity team was ninth or tenth graders.

The strategies dealt with switching the races that girls typically ran. It added variety and helped strengthen their skills. With the girls in a larger variety of events, this strategy allowed coaches to spread out talent among the races. "I got to long jump. It was fun because I got to jump into sand," senior Charli Richter said.

According to Oldham, the success was also due to the attitude of the team. "Things don't just happen. Team members have to make them happen," Oldham said. The team ended with a fourth place finish at conference. *spread by Stacie Schafer and Jessica Droogsma*



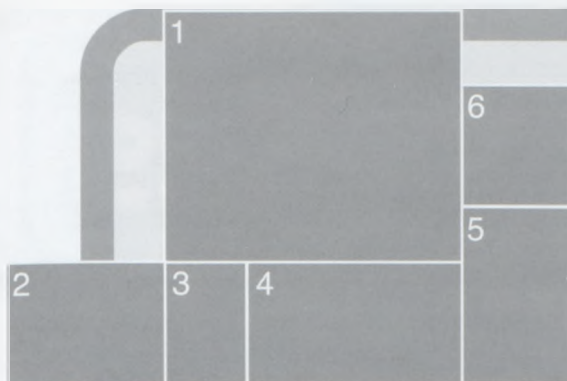
Sports

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1. Sprawling with legs and arms all over, freshman Taylor Grieve finishes the 100 meter hurdles. According to Grieve, she thought that she was asked to run varsity because of her ability to jump the hurdles with such ease. *photo by Tyler Swett*

2. Getting ready to cross the finish line in the middle of the pack, freshman Alexis Buchanan begins to slow down. "Riding the buses to the away games was the best part of the whole season because it brought the team together," Buchanan said. *photo by Stacie Schafer*

3. Junior Nicole Gibson awaits her landing at the Urbandale conference meet. Gibson also was involved in running events. According to Gibson she hoped to place well so she could advance to state. *photo by Tyler Swett*

4. Inches from the bar, sophomore Ashley Meade clears it. According to Meade, there was a big difference in her previous times participating in track. In years before they focused on all of the events and everyone added more energy towards the shuttle run. *photo by Tyler Swett*

5. With two laps remaining in the 1500 meter race, freshman Anne Ruebbelke continues to run in a straight line. According to Ruebbelke, when everyone was cheering it gave her the determination to continue and try her hardest for the longer events. Ruebbelke planned to continue to run because she wanted to lower her times. *photo by Stacie Schafer*

6. Coming around the second turn, freshman Kristen Strawhacker heads to the straight-away during 200 meter run. Strawhacker sprained her ankle two weeks into the track season while practicing soccer, and said that pushing through the pain was the hardest part of the season. "I would describe our season as very successful, because it seemed like we placed and did well as a team each meet." Strawhacker said. *photo by Schafer*

## t h e diagram ...



### the brain

Preparing to come out of the first turn, sophomore Chelsea Smith said she used her brain to continue to run after her body wanted to quit, especially during longer races. It also gave her the determination to push herself because she wanted to beat her previous times.

### the fingers

According to Smith, without fingers, relays would be impossible because the runners wouldn't be able to hand off the baton. "If the baton is dropped and falls into any other lane, they will be disqualified from the remaining part of the race," Smith said.

### the foot

Without the foot, people could still be in track, but may only be limited to field events, Smith stated. Smith had a foot injury in eighth grade, and said that it gave her some problems during longer events, but overall she was healthy the whole season. *photo by Stacie Schafer*

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Track,  
Girls'





# Blocking the Opponents

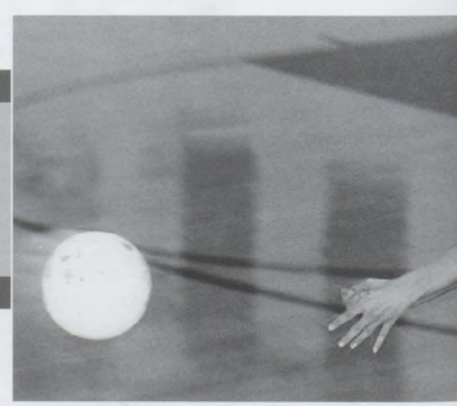
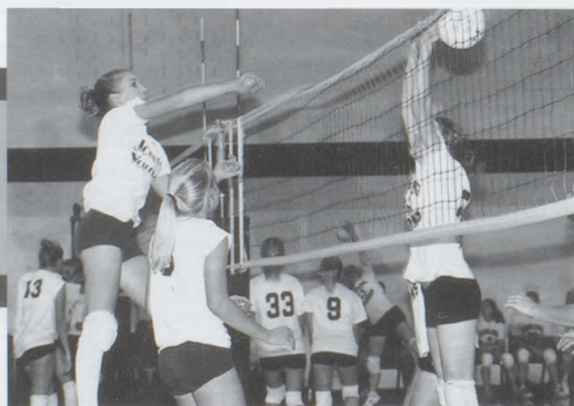
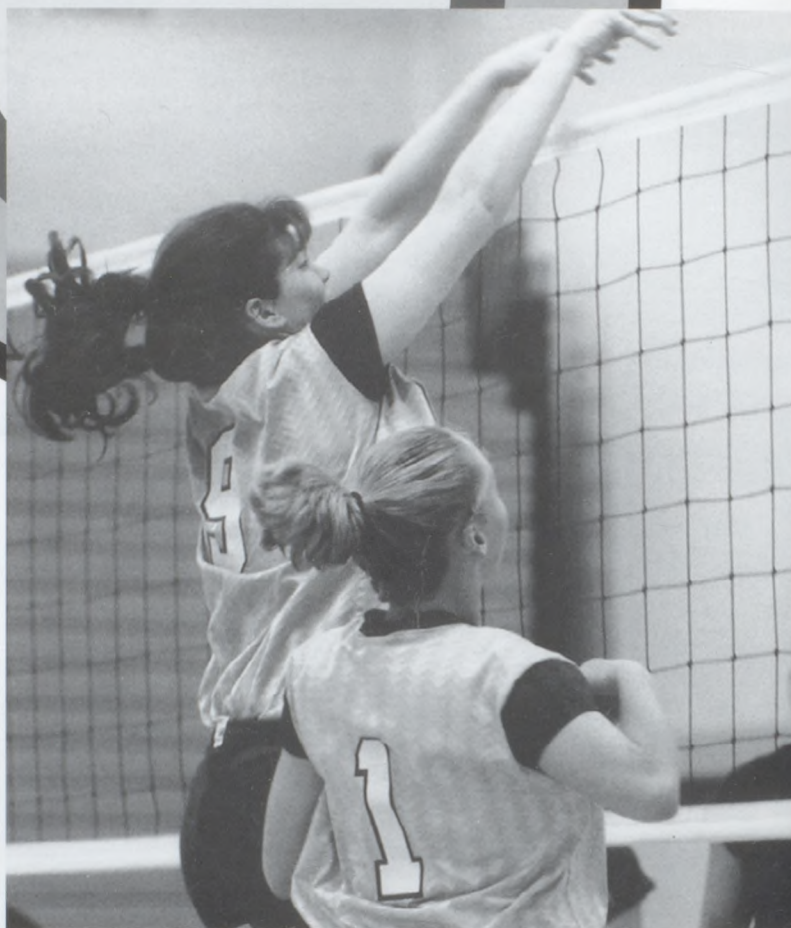
**Staying undefeated, beating the undefeated**

After traveling for more than two hours and covering a distance of 133 miles to Cedar Rapids Washington High School, on Saturday Sept. 6 the team returned victorious as the Cedar Rapids Washington Tournament champions. "We try to think of the Cedar Rapids tournament as the part in our season that sets the tone for the rest of the season," said assistant coach Beth Ward. The last time that the team returned victorious was five years ago, in 1998.

The win had a positive effect on the team's outlook. "Winning this tournament opened our team up to knowing our potential," said senior Kortni Stocker.

To obtain their victory the team defeated Dyersville Beckman, Cedar Rapids Prairie and Mount Pleasant in pool play by winning the first two games of each match. This made them first in their pool and allowed them to advance to the championship bracket. In the championship bracket, the team competed against Burlington. After winning the first game, losing the second game and coming from behind in the third, they defeated Burlington in the semifinal round.

For the championship game, the team went up against defending champions North Fayette. The team lost the first game 13-21 but came back and won the last two 21-14 and 15-13 to seal the title. "Our hardest competition in the tournament would have to have been North Fayette in the final game. We were tired anyway and then to get beat in the first game and to come back and the last two games was a big deal to us," said senior Brenna Smith. *spread by Nicole Jansen and Stacie Schafer*



Sports



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1. Seniors Abbie Toney and Kortni Stocker prepare to block a hit by Urbandale. The team lost to Urbandale three times, including the second round of districts, in which they lost 3-1. *photo by Woody Brenton*

2. Freshman Emily Kuster spikes through the block by Dowling Catholic's center, Cierra Dumond. Teammate Susan Clausen, freshman, was there to back up Kuster in case Dowling decided to tip it back over the net. The team won all three games. *photo by Nicole Jansen*

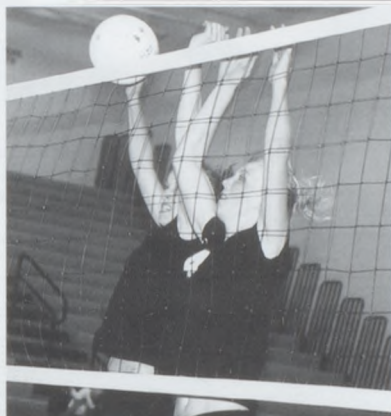
3. Jumping in mid-air, senior Lindsey Keast strikes the ball onto Urbandale's side of the court. After the loss to Urbandale, the team dropped from fourth to eighth in the state rankings. *photo by Woody Brenton*

4. On the floor, sophomore Alexis Van Vleet dives for the ball which was spiked by Valley. "When in back row, you are at the heart of the action. It is a constant go position, and you are always on your toes," said Van Vleet. *photo by Schafer*

5. Close to the line, junior Mindy Schoop passes the ball to the setter to pursue the play. When playing the back right, the players had to rely on their teammates to help them make the correct call. "Communication plays a big role in the game. You have to talk so you know who to pass the ball to and if you are the one who is going to spike," said Schoop. *photo by Nicole Jansen*

6. With their arms extended over the net, seniors Katie Johnson and Kaylynn Williams jump to block the ball as Valley's Deb Kurth spikes it on to their side during the second match. During practices and warm-ups, the team did various drills, which benefited them to obtain helpful blocking skills. *photo by Nicole Jansen*

## t h e diagram . . .



### the hand

When blocking, Katie Johnson stretches her arms and hands to get to the ball. Johnson used her talents to get herself a bid to the all-state team. During the year, coaches voted on a player who excelled in all areas, which caused Johnson to win the Gatorade Award.

### the knee pads

Many bumps and bruises decorated the knee after only one match. Since the knees were the first body part that hit the floor, the knee pads helped reduce the chance of a serious injury. Johnson suffered a knee injury last year, but said that it had not affected her ability to play.

### the foot

When you have fast feet, diving and jumping become a lot easier. Feet helped Johnson jump into the air to get over the opponent's block. The team did the dots drill at practices to help them acquire quicker feet. *photo by Alicia Corron*



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Volleyball





# Big Accomplishment

## Senior Scott Jennings works hard to get to state

The score was tied with only 30 seconds left in the match. If Jennings didn't get in another point, there was a chance he wouldn't beat Cody Creeky from Newton in overtime and make it to state. However, Jennings got the takedown and won the match.

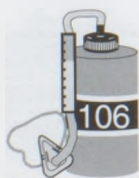
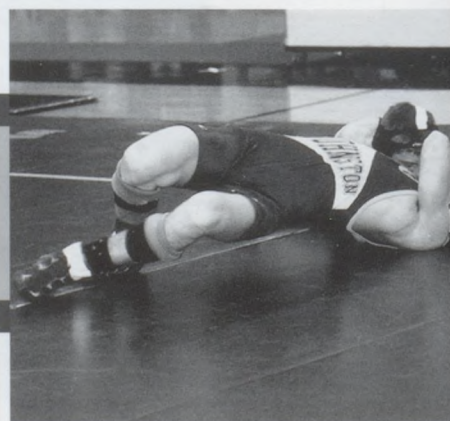
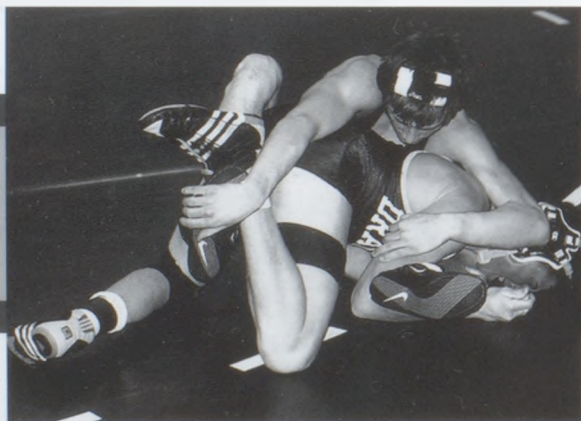
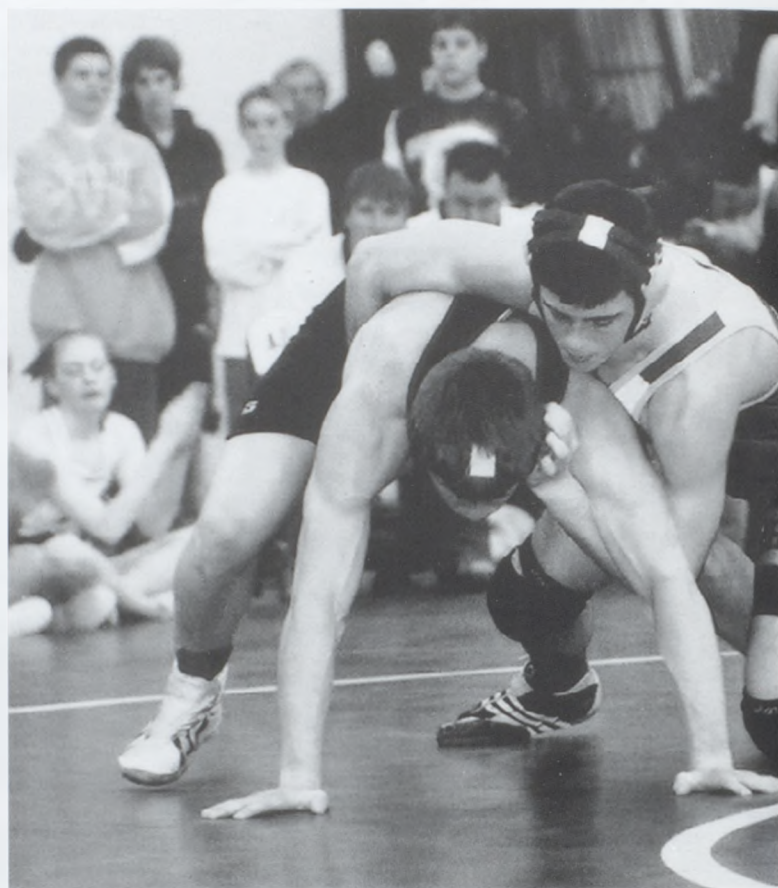
"It was a really close match and I didn't realize that I was going to go to state until the last 20-30 seconds. It was such a rush and I didn't expect it until after the last takedown," Jennings said.

During the summer, Jennings did freestyle wrestling, which was different from traditional wrestling at school. He also competed in tournaments at Ankeny and Central College and the state competition at Johnston.

Jennings also participated in football and tennis, but he didn't work as hard at them as he did at wrestling. According to Tim Brickley, tennis coach, Jennings was committed to wrestling. Brickley had seen Jennings work hard for two years, so it didn't surprise him that Jennings made it to state.

With all the practice Jennings did, he expected to make it to state and possibly place, but his arm was dislocated during his first match and Jennings was unable to advance.

"I wanted to place this season, but since I got hurt it was kind of a bummer," Jennings said. "I've made a lot of improvements over the year and I made it to state this year, which is a big accomplishment for me. I'm a senior and this was my first time." *spread by Lindsey Lockner*

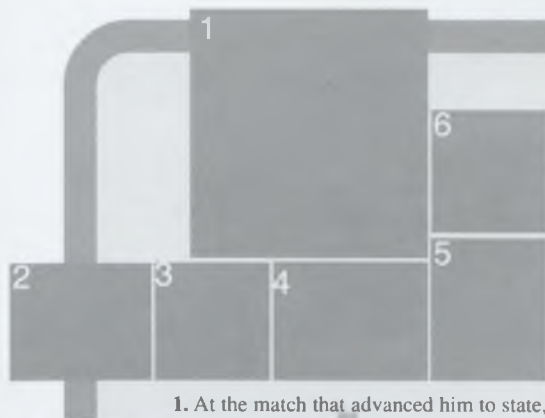


Sports

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1. At the match that advanced him to state, senior Scott Jennings holds onto his Newton adversary, Cody Creeky. According to Jennings, this was his closest and best match of the season. He almost had to go into overtime. *photo by Lindsey Lockner*

2. Scrambling to overcome Dowling wrestler Adam Dank, freshman Eric Reese tries to get his legs out. Reese beat Dank in overtime 4-2, although Dank had beaten Reese in overtime in a previous match. Reese said that Dank was a hard opponent, since he was an upperclassman and knew what it took to win. *photo by Lockner*

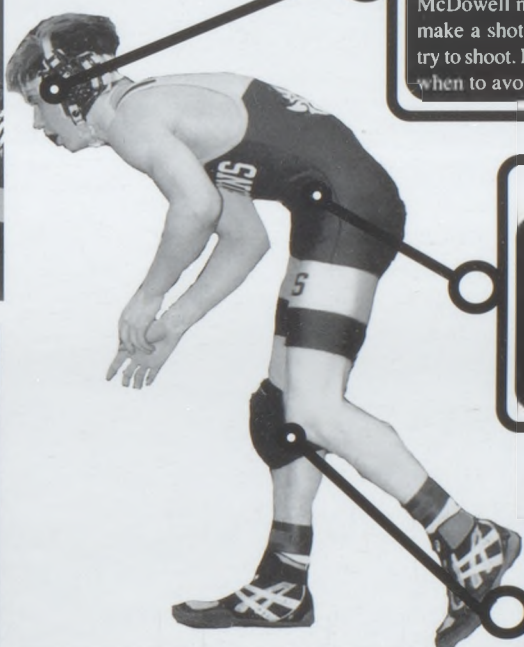
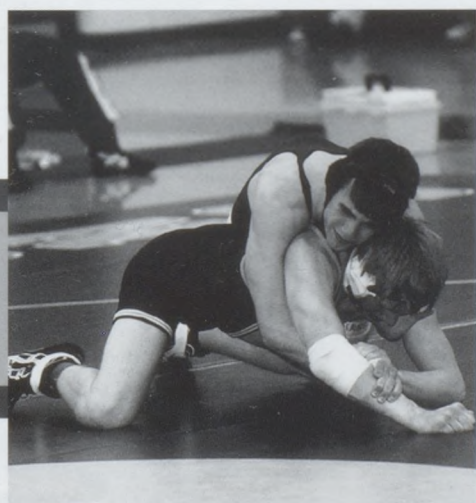
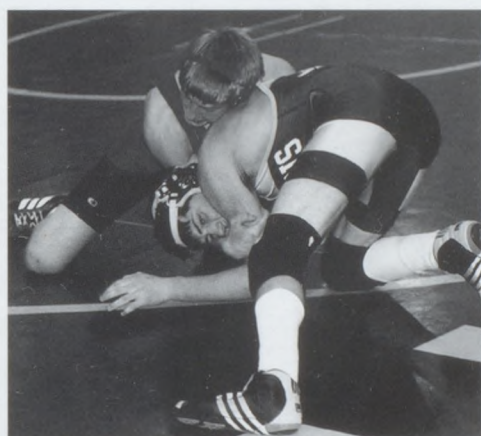
3. Head to head with a girl on the Indianola team, freshman Ricky Rodriguez tries to stop her from getting two points. "Since she's a girl, I get more nervous because there is more pressure to win," Rodriguez said. He won 10-4. *photo by Lindsey Lockner*

4. Almost pinned to the mat, sophomore Joel Bubeck goes up against someone who he believed was a good challenge for him. "I've improved a lot this year. I was able to win more matches while on jv," Bubeck said. *photo by Lindsey Lockner*

5. Beneath an Indianola wrestler, freshman Nate Nuzum tries to get him off. Nuzum didn't win this particular match. "I got hurt a lot at the beginning of the season, but I just stuck it out and had a lot of fun at the end of the season," said Nuzum. Unfortunately, Nuzum didn't win many of his matches. He said that it was usually due to the fact that many of his competitors were upper-classmen and more experienced than he was. *photo by Lindsey Lockner*

6. With his feet out of bounds, sophomore Tim Gannon struggles with a Ballard wrestler's defenses. "He was a good kid and was good defensively. I got in a couple good shots though," Gannon said. Although Gannon won the match, the team was unable to defeat Ballard with a score of 43-30. *photo by Lindsey Lockner*

## t h e diagram ...



### the eyes

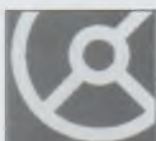
For freshman Kyle McDowell, the eyes were very important because he had to watch his competitor at all times. McDowell made sure they didn't try to make a shot at him and knew when to try to shoot. McDowell also had to know when to avoid his challenger.

### the hips

To have the full advantage, McDowell had to keep his hips back and low to the mat. "You are able to control them (your opponent) better (with your hips low)," McDowell said. McDowell made it to state, but he lost his first match.

### the legs

According to McDowell, if a competitor were to come at him, he would want to be fast enough to get behind them. This would give him a point and the advantage of attacking from behind, if he was quick enough to do so. *photo by Lindsey Lockner*



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Wrestling





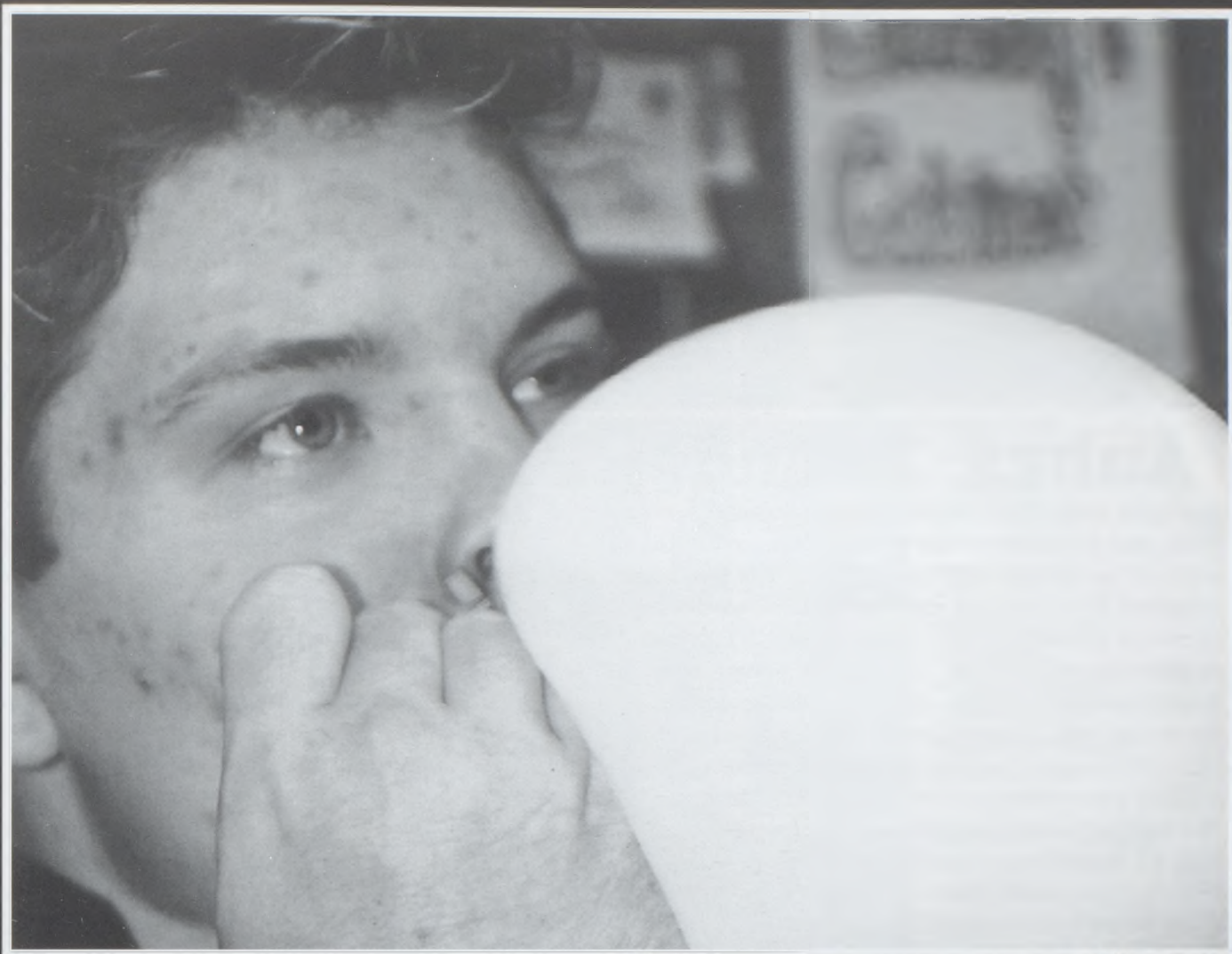
# Blood

Blood courses through our tiny veins and arteries 24/7, keeping up a constant flow of oxygen to anywhere it is needed in the body. People are like blood in the sense that students of all kinds circulate through the hallway vessels of the school in all directions, transporting valuable thoughts and ideas as they go. For this section we randomly selected 22 students to profile alongside portraits of the student body, from seniors to freshmen. Our mission was to prove that everyone has a story, something interesting and unique about them that's worth sharing, and that fellow students might never know otherwise. On the following pages you'll learn about the adventures of an avid hunter, read the story of a devoted couple and their unconventional relationship and gain insight into the world of drug abuse. As you view these profiles, you're sure to learn something new and fascinating about a few fellow students. *spread by Woody Brenton, Stacie Bendixen and Alicia Corron*

Senior Tyler Sloan's hair blows in the wind as he slides down a rail. Sloan was performing a skateboarding trick called a front board slide. Sloan and graduate Dan Meyer skated at Fairfield Inn, located in West Des Moines. Both Meyer and Sloan returned to the location twice to destroy a bar placed at the bottom of the rail. The rail was put in to prevent skateboarders from "thrashing" it. For this particular task Sloan and Meyer's weapon of choice was a sledge hammer. *photo by Woodward Brenton*







Celebrating good times, junior Jake Hukee huffs helium from a balloon. Newspaper members hosted a going away party for sophomore Corey Chancellor. Along with the several black and white balloons, many other treats, such as cupcakes and soda, were purchased for Chancellor. Newspaper members reportedly hid for several minutes in the dark room to make the surprise more realistic: *photo by Woodward Brenton*



With an open palm, junior Afton Simpson greets a ground squirrel. Simpson fed the squirrel peanuts provided by her grandmother, whom she was visiting over the summer. During her time at Crater Lake National Park near Medford, Oregon, Simpson enjoyed activities such as white water rafting, hiking and her favorite, four wheeling. Simpson was accompanied on the trip by her parents, Betty and Jamie. *photo by Tim Simpson*

# People





1. Preparing to blow up a birthday balloon with the helium tank, senior Aubri Berndt plays with some colorful ribbon. Her job consisted mostly of flowers and plants, but occasionally a balloon was also requested.

2. Arranging roses, Berndt spends a Thursday night working at Boesen. She said, "My favorite thing to do [at work] is making arrangements."

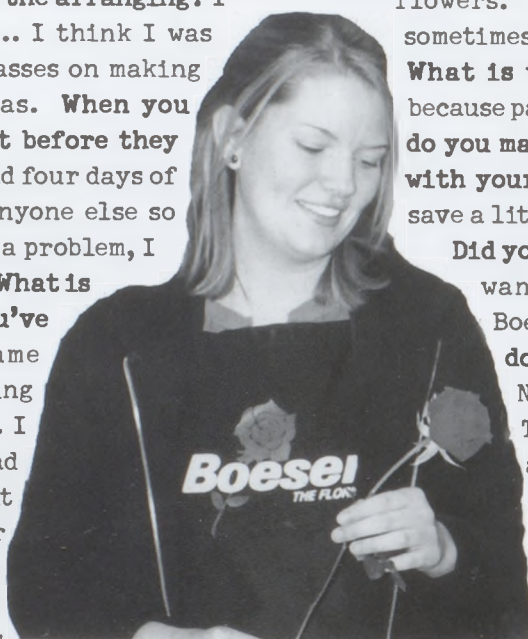
3. Packaging a plant for a clients, Berndt deals with one of her few customers. Saturday afternoons in the Merle Hay Boesen were typically slow. *photos by Jessica Droogsma*

## Aubri Berndt: Florist *spread by Jessica Droogsma*

**How long have you been working at Boesen?** A year and a half. **How do you know how to do all the arranging?** I watched my manager do it a little... I think I was supposed to be trained and take classes on making corsages and stuff, but I never was. **When you originally started how long was it before they began leaving you there alone?** I had four days of training, now I never work with anyone else so there is no one to talk to. If I have a problem, I call my manager or another Boesen. **What is the most interesting experience you've had at work?** One time a girl came running into the store in tears saying a groom's corsage had fallen apart. I didn't know how to make one so I had to try and it looked horrible. I felt so bad. I gave her the corsage for free. It was so bad and the original had also come from Boesen. **What is hard about this job?** A lot of guys

come in not knowing and they're like, "Ya, I want some flowers." **How are the customers?** They are mean sometimes and really picky, so that makes it hard. **What is the busiest day of the week?** Fridays, because payday brings in a lot of business. **How much do you make?** I make \$6.90 an hour. **What do you do with your salary?** I use it for gas, CDs and also I save a little for college. **Why did you get this job?**

**Did your parents make you?** No, It was my idea. I wanted money and my mom's friend is Tom Boesen's ex-wife. **Boesen is located in Dahls, do you ever have to do anything for them?** No, Boesen just rents out space in Dahl's. They are separate. I would not want to work at a grocery store. The Dahl's workers never talk to me and sometimes they give me bad looks. **Do you have any future plans to continue an occupation in this field?** No, I want to go to school on the west coast.



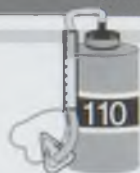
(junior)

Jill Haney

"There is a guy who works at Dahls that they call Grandpa Death. When she has visitors he glares and sometimes he even comes over and tells them they need to leave."

(junior)  
Sarah Butitta

"I actually worked at Boesen. It was the most terrible job I've ever had. I just don't know how Aubri can do it all the time."







Caryn Albrecht  
 Brian H. Allison  
 Kathryn Amendt  
 Michael Amick  
 Kristen Andrews  
 Brian Andrus

Bryce D. Augustine  
 Thomas E. Avaux  
 Kristin Baedke  
 Jesse Baird  
 Tiffany Barz  
 Amanda Baxter

Megan Beck  
 Donna Beery  
 Luke Bengtson  
**Aubri Berndt**  
 Tyler Biggs  
 Jimmy Binnie

David W. Blume  
 Pam Brande  
 Woody Brenton  
 Rachel Broich  
 Amanda Brokofsky  
 Jeff A. Bunge

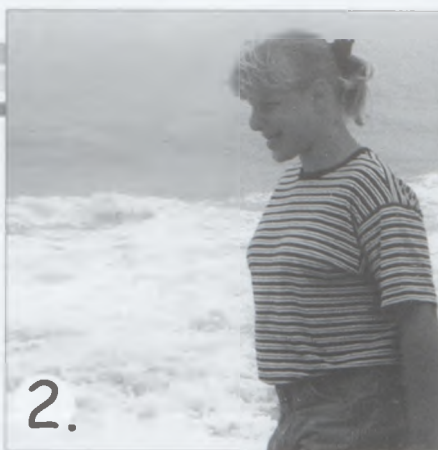
Stephanie L. Bunting  
 Anna Burford  
 Adam Buster  
 Stephanie N. Cameron  
 Joy Campbell  
 Stephen M. Cate

Lyndsey Cattell  
 Toni Chrisman  
 Aaron Clark  
 Amy E. Clausen  
 Meredith Coakley  
 Jeremy Cordes

Samantha Daluga  
 Michael Darling  
 Derek A. Deer  
 Kara Renea Dell  
 Lauren Denison  
 John Dickerson

Elizabeth Michelle Dieseth  
 Jessica Droogsma  
 Ashley M. DuBay  
 Molly Ann Duben  
 Nate Durbala  
 Sarah E. Eckhart





1. Crazy throwing around a handkerchief, senior Amy Geels enjoys dinner with her family on a cruise around Alaska. "We were assigned waiters. Their names were Fernando and Komkrit, which made the dinners that much more fun," Amy said.

2. Geels walks along the beach in Florida, on her way back from dinner at Cody's Roadhouse in St. Pete Beach. This was a popular stop for the Geels family.

3. Enjoying the view at the Mount McKinley Lodge, the family takes in the beautiful scenery. The family was Amy's mom's aunt and uncle, Karen and Gary Needan, Amy, her sisters Erica and Meredith, and her grandpa Chuck Brand.

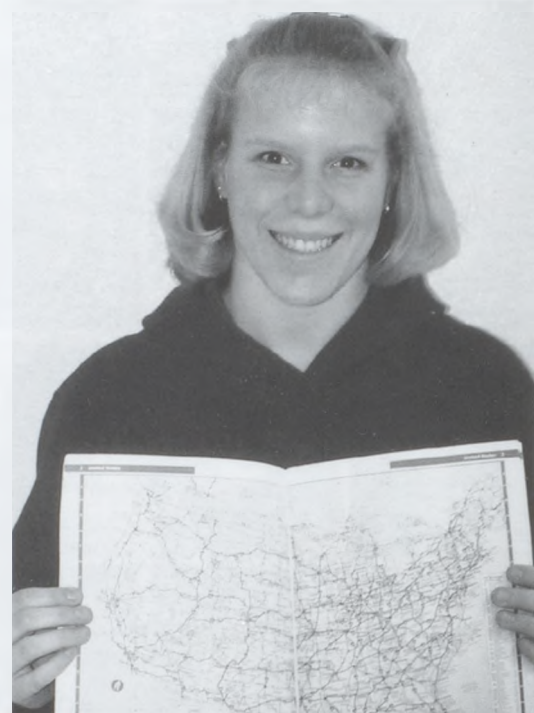
## Amy Geels: Sightseer

Most people don't get the chance to visit 50 states by the time they graduate, but for senior Amy Geels this was not the case. At the age of five, Geels and her twin sister, Erica Geels, were promised by their parents that they would travel to all 50 states by the time they graduated from high school. So far they had only had the opportunity to make it to 48. They planned to complete their journey by going to the last two states they need to visit, Washington and Oregon. The Geels family had the choice to visit the last two states during spring break but they decided they didn't want to ruin their spring break tradition.

Every year the family visited Florida for spring break. They had been doing this ever since the twins were six months old, visiting a different area each time they made the voyage. "A couple years ago we went down for a band trip, which has been the best Florida trip so far, because my good friend (senior) Jennifer Peterson went," Amy said.

Every trip took around 10 days, except the 12-day cruise the family took in Alaska. Amy and Erica agreed that the Alaska cruise was the most fun trip that they have been on.

While going to all the states in the U.S., the family had also visited some places in Mexico and Canada. Amy wanted to visit the Bahamas sometime in her life. She also said when she became a parent, she'd like to continue the traveling with her kids.



*spread by Abbey Gessmann*



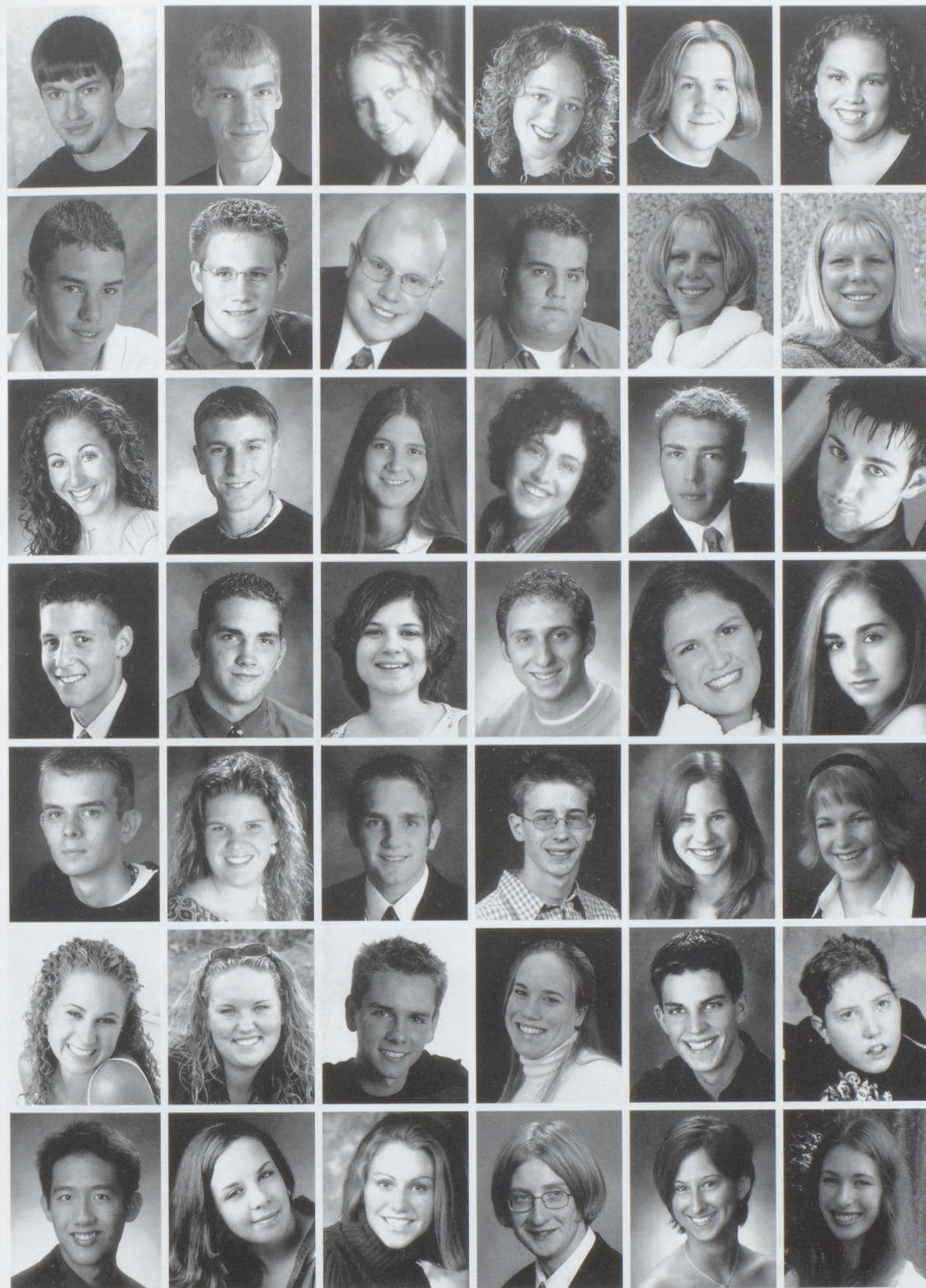
(senior)  
Jennifer Peterson

"I went to Florida with the Geels sisters a couple years ago for band and it was a lot of fun. Traveling with them was such a great time. Florida was great too."

(sister)  
Meredith Geels

"Even though I have been to the 48 states with my sisters, I think that Florida has been the most fun. I love knowing that we get to go to Florida every spring break."





Rob Evans  
Austin Fiala  
Kayla Flanigan  
Courtney Frank  
Josh Fredregill  
Ashleigh Freese

Curtis J. Froelich  
Matthew Fritz  
Douglas Fuller  
Jerry Gamble  
**Amy Elizabeth Geels**  
Erica Dawn Geels

Lindsay Gilbert  
William Giusto  
Bethany R. Glendenning  
Monica Goedken  
Cory Goerdt  
CJ Goodwin

Kris Grimes  
Tyler Gail Gustafson  
Rachel Hall  
Kevin Hanigan  
Melissa Hannan  
Veronica Campos Hanson

Taylor Hasaken  
Chelsie Heetland  
James Heldt  
Kenton M. Hensley  
Katie A. Hlavka  
Brecca Hoffman

Rachel Hokschi  
Alexa Holcomb  
Jason M. Holland  
Emily Ruth Holliday  
Mitchell Reid Hoover  
Christopher Hoyt

Adam Hsu  
Shannon Huffman  
Amanda Elizabeth Hyde  
Christopher Jameson  
Trina Jackson  
Joanna Jarnagin

**Maharry  
Photography**

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1. In the front lobby, senior Lindsay Keast hands a paper to junior Sarah Johnson. Keast was required to come early in the morning to distribute newspapers.

2. Plucking at the strings of her electric guitar, Keast plays "Witchy Woman" by The Eagles. Keast was in an all girls band named Rosado.

3. Meticulously drawing senior Liz Wong, Keast does her best to recreate her face as accurately as possible. Keast took pleasure in drawing charcoal portraits of her friends. *photos by Christopher Jameson*

# Lindsay Keast: Artisan

*spread by Chris Jameson*

Senior Lindsay Keast saw art as the creation of beautiful or thought-provoking works in painting, music and writing. "There's art, and then there is art made for the art world. For the art world art, there are people who make art for money, and people pay money for that art with artificial backgrounds and stick it up in their living rooms. I just don't agree with that art," Keast said. That is why she participated in all three types of art, by being a musician, writer and painter.

Keast was an artist who depicted people's faces with charcoal. She got into drawing with charcoal when art teacher Daniel Weiss had them use it to draw people. For Keast, drawing people's faces told a lot about them. "Their expressions tell me a lot about who they are and how they act," Keast said.

Keast supported music as self-identification and an expression of one's self. Keast could play only a few songs on her guitar. "I hope to learn more," Keast said. Senior Tyler Biggs fooled around on his guitar with Keast often. "It would always be nice if we did a band," Biggs said. "But that is still far off."

As an active writer on the newspaper staff, Keast usually wrote feature stories. "They are usually about music or music venues," Keast said. She also wrote about music in people's lives. In an issue of the *Black and White* (the school newspaper), Keast wrote about the Vaudeville Mews, a smoke-free music venue in downtown Des Moines. "It is a great place and I want people to know about it," Keast said.

By participating in different art activities, Keast felt she was a real artist whose motivation was not self-centered and was one of enlightenment.



(senior)  
**Nash Wiley**  
"Lindsay is good at capturing people's emotions with something other than paper and pen. She does it by using charcoal, and captures the person perfectly."

(senior)  
**Kayla Flannigan**  
"I think that Lindsay is good at drawing and style. She did my picture and it isn't just a normal picture of me, it is really what she thinks my personality looks like."







Ben Jenkins  
Scott C. Jennings  
Jesse Jordan Johannesen  
Katie Elaine Johnson  
Matt Johnson  
Shelly Johnson



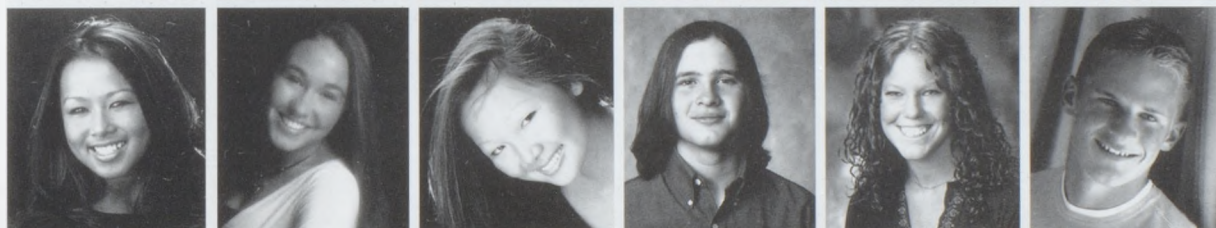
Brandon Jones  
Bryan Junge  
Michaela Rae Kavaya  
**Lindsay Michelle Keast**  
Kelsey K. Kellogg  
Megan Marie Kempf



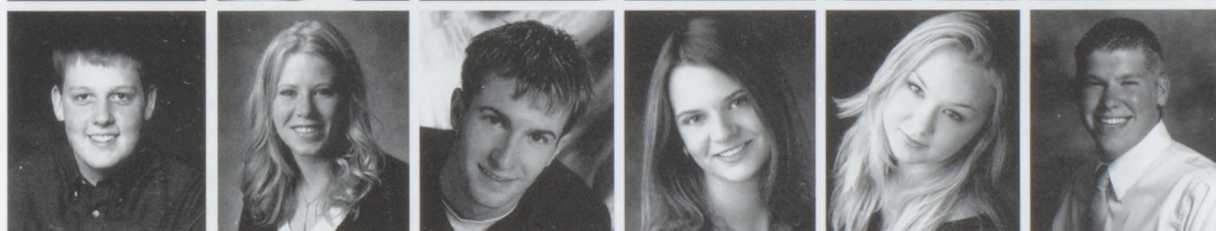
Ashley Kilby  
Lindsay M. King  
Missy King  
William Koch  
Andrew J. Kohles  
Alexandra Kovacevich



Andrea Kraft  
Adam Krultz  
Kurt Larson  
James Leaman  
Morgan Blaire Leitner  
Devon Marie Leslie



Jenny Liu  
Whitney N. Lorenc  
Nina Lu  
David A. Luepke  
Allison Mackey  
Kyle Mandsager



Keegan McAllister  
Jennifer McClanahan  
Seth McClellan  
Megan McCravy  
Katie McDonald  
Nathan D. McGinnis



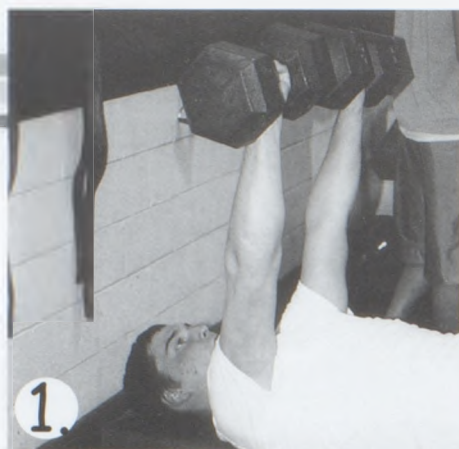
Martha Ann Meiners  
Alicia Metcalf  
Jeremy Meyer  
Luke C. Miller  
Nancy Miller  
Nathan H. Miller

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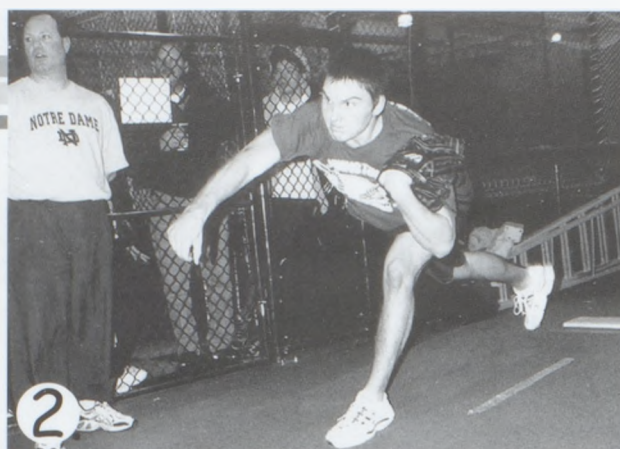
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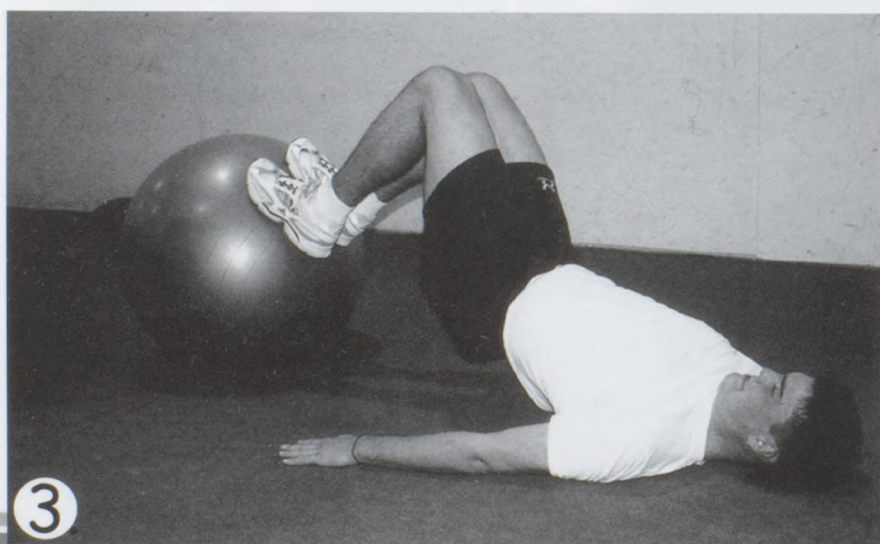
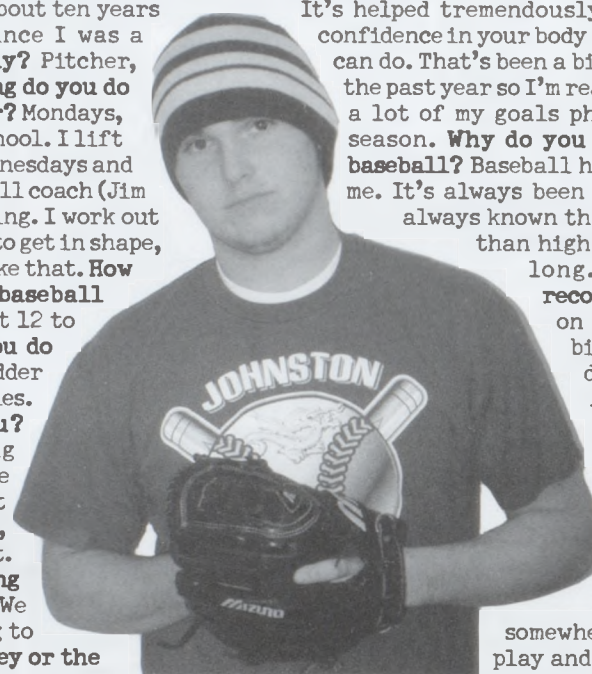
2.

1. Senior Zach Moses lifts weights during a Friday afternoon workout session with the baseball team. They met three days a week for training during the school year.  
2. Following through on his throw, Moses works with his coach, Jim Hallman, in a pitching lesson at Grand Slam USA, a baseball facility in Urbandale. Moses had been taking lessons with Hallman since he was 11 years old.  
3. Moses carries out an exercise as instructed by his personal trainer, Bob Reisz. Moses met Reisz through Hallman when he sustained an arm injury through football. *photos by Stacie Bendixen*

## Zach Moses: Pitcher *spread by Stacie Bendixen*

How long have you been playing baseball? I've been playing since I was eight years old, so about ten years now. I've been playing on varsity since I was a sophomore. **What positions do you play?** Pitcher, first base and third base. **What training do you do in the off-season during the school year?** Mondays, Wednesdays and Fridays I work out at school. I lift (weights) with the baseball team. On Wednesdays and Sundays I work with my (personal) baseball coach (Jim Hallman) for pitching and also for hitting. I work out with my personal trainer Bob Reisz just to get in shape, work on foot agility, quickness, stuff like that. **How many hours a week do you devote to baseball training during the school year?** About 12 to 15 hours a week. **What activities do you do with your personal trainer?** Doing ladder drills, lifting, jump rope, foot agilities. **How do those exercises benefit you?** They've gotten me into shape, losing weight and stuff, just trying to get to be the best athlete that I can be. That's what he (personal trainer) is really doing, he's just really training me to be that. **What do you work on with your pitching coach, and how does that benefit you?** We just work on technique, form and trying to be a better pitcher, really. **How have they or the**

**things they've taught you helped you mentally as a player?** It's helped tremendously. When you work out, you get more confidence in your body and more confident in what your body can do. That's been a big thing. I've lost, like, 40 pounds in the past year so I'm really confident that I can accomplish a lot of my goals physically and mentally during the season. **Why do you choose to devote so much time to baseball?** Baseball has always been a really fun game for me. It's always been my passion. Since I was little I've always known that I wanted to play at a higher level than high school. I've loved the game for that long. **Have you had any special recognitions or achievements?** Playing on varsity as a sophomore was a pretty big honor because not a lot of kids had done it in the past. I also received an All-Conference honorable mention sophomore and junior year for pitcher. **Are you planning on playing baseball in college?** Yeah. That's been kind of one of the bigger factors (in selecting a college) besides education, of course, that I have to account for, is baseball and trying to play somewhere that I know I'm going to want to play and be happy playing.



3.



(senior)

**Steve Cate**

"One time in an AAU (Amateur Athletic Union) tournament he struck out 13 kids against Twin Rivers. They were the defending state runner-ups from the year before."

(senior)

**Jerry Gamble**

"We both run and lift three days a week and go to a personal trainer together. It's always a blast. We push each other to the max and we help each other get stronger and faster."







Trestin Miller  
 Marie Mock  
 Spencer Sean Morris  
**Zach Moses**  
 Laura Kristin Mulholland  
 Scott D. Neal

Travis Nelsen  
 Lindsay Nelson  
 Christopher Nordhus  
 Amy Jane Osborn  
 Neal Anthony Parenza  
 Danielle Patterson

Paul Peppmeier  
 Jennifer Nicole Peterson  
 Cody Phelps  
 Jennifer K. Pierce  
 Alli Pike  
 Andy Pilkington

Nathan Arthur Pirie  
 Mike W. Pray  
 Jay Reimann  
 Derek Retherford  
 Charlotte B. Richter  
 Mallory Alyse Rives

Samuel Robbins  
 Stephanie Robison  
 Jen Rockwell  
 Francesco Roggio IV  
 Kelsey Allyn Rupp  
 Brandy Russell

Brendan Rutherford  
 Katy Schelker  
 Sara Schnell  
 Claire M. Schreurs  
 Brandon C. Seyer  
 Brianne Shaw

Joseph Shaw  
 Christopher Sigmund  
 Duncan Alexander Skinner  
 Meghean Skinner  
 Tyler Sloan  
 Jane Ryan Slusark



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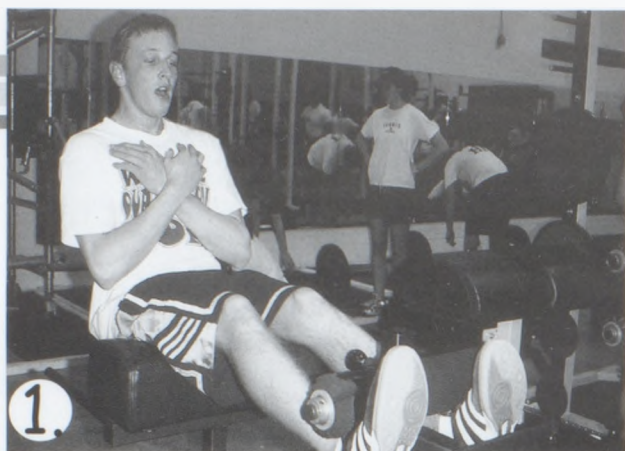
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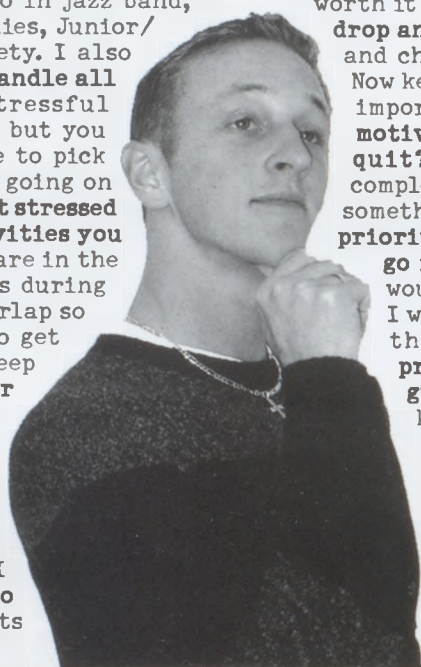
1. Anticipating the soccer season, senior Ryan Waltz works his abs doing sit-ups. Waltz worked out three to four times a week after school lifting and running.
2. Waltz prepares to roll the ball down the bowling alley at Plaza Lanes while practicing for the bowling team. Waltz started practicing with the team second semester. He got involved because his friends were doing it and it was something to do in his free time.
3. Precisely adding the condiments, Waltz prepares a sub sandwich at Quiznos. Waltz worked an average of twenty hours a week. *photos by Dani Martinson*

# Ryan Waltz: Multitasker

*spread by D. Martinson*

**What activities are you currently involved in?** I play soccer, bowling and football. I am also in jazz band, concert band, wind ensemble, Best Buddies, Junior/Senior Board and National Honor Society. I also volunteer at the hospital. **How do you handle all the activities you are in?** It gets stressful especially when you have schoolwork, but you find ways to do it. You sometimes have to pick activities when there is more than one going on at a time. That's the hard part. **Do you get stressed from the overwhelming amount of activities you are in?** Sometimes, it depends where we are in the school year. I tend to have more stress during finals. A lot of my activities don't overlap so that helps decrease the stress. If I do get stressed it isn't extreme. I just take a deep breath and wait for it to pass. **Do you ever lose sleep because you are so busy?** I used to have troubles sleeping. Sophomore year I had troubles sleeping because of stress. I sometimes lose sleep from staying up doing homework. It just depends what activities I have, how long practices are and how much homework I have, but I have to get it done. **What do you do when you get stressed?** My parents help me.

Then I tell myself it will get better and that it will be worth it in the end. **Does stress ever make you want to drop an activity?** Yes, that is why I quit show choir and choir. I didn't see myself doing it in college. Now keeping a job at Quiznos and my grades are most important. **Is there something in particular that motivates you to keep going when you are ready to quit?** When everything is done you know you completed it and achieved your goal. You will learn something with everything you do. **If you had to prioritize your activities, what order would they go in?** School would always be first. My family would come next and then out of all my activities I would put soccer first. **How are your grades?** I think they are pretty good. **Is there any pressure from parents or coaches to keep good grades and stay in your activities?** My parents keep on me about my grades to get better. They also make sure I study hard. The coaches tell me that I can achieve anything and they push me hard because they know I can do it. **What other sacrifices do you have to make because of your schedule?** During marching band I missed a couple of competitions and with work I missed going to a couple of basketball games.



(football coach)  
**Brian Woodley**

"Ryan is very involved and he did a good job juggling his many activities. He played great during the season. Ryan made key plays in crucial moments, especially at Urbandale."

(senior)  
**Whitney Lorenc**

"He is very busy, but he still finds time for me. Last year when he was in show choir it was harder to find weekends we were able to hang out together."







Scott Smart  
Brenna Smith  
Becca Smith  
Steffi Smith  
Ashley M. Song  
Jason William Sparland

Katy Spaur  
Matthew K. Stange  
Paige Stines  
Kortni Stocker  
Audrey Stone  
Kaitlyn Summitt

Lizz Swanson  
Damien Tate  
Rachel Elizabeth Thomas  
Randy J. Thompson  
Ryan Tometich  
Abbie Toney

Jenny Traxel  
Britt M. Ustrud  
Kari Van Kooten  
Rachel Vorm  
Tanya Anne Wagner  
Mike Walker

Scott Walter  
**Ryan Waltz**  
Alli Warner  
John Warner  
Lindsey Watkins  
Ashley Weaver

Danielle Welch  
Sheena Ann Wendel  
Andrea Whitaker  
Eric Wicker  
Lindsey Wieland  
Nash Wiley

Eric J. Williamson  
Stephanie Wilmore  
Liz Wong  
Lacie Leigh Woods  
Jenna Woody  
Justin Young



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People







1.



2.

2. Accommodating his customer, Clasen retrieves the precise amount for the item of purchase while working at Hy-Vee, where he earned gambling money.

3. With the remainder of the accumulated poker chips, Clasen focuses on dropping them in their rightful container. He and his friends cherished times playing poker, pitch, in-between and other games, according to Clasen.

1. Junior Chase Clasen consumes his 25-cent chicken wings at Okoboji Bar and Grill. Clasen and his friends began this tradition at the start of the Monday Night Football season. *photos by Alicia Corron*

## Chase Clasen: Pitch King *spread by Alicia Corron*

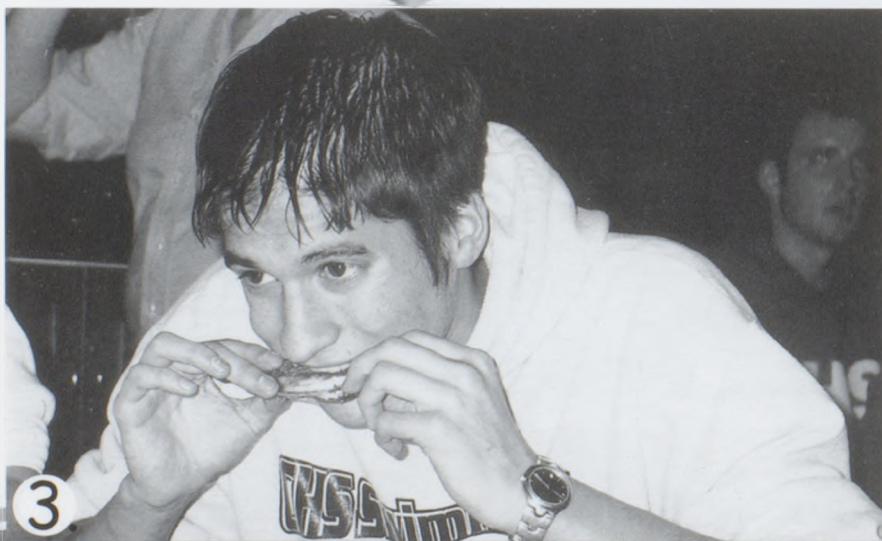
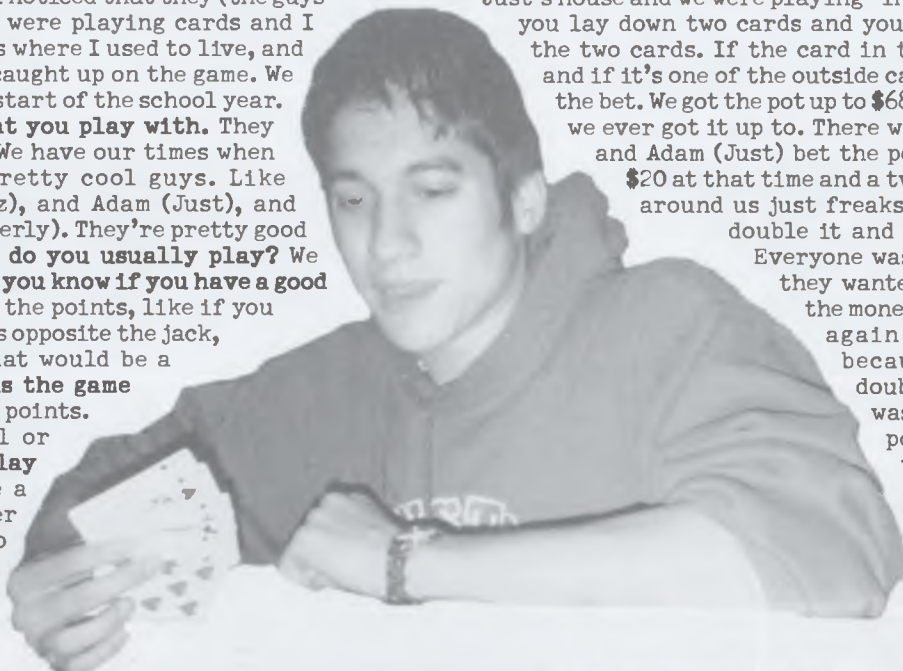
**How long have you been playing cards?** Well, (when) I first moved here (summer 2003), I noticed that they (the guys that I work with Hy-Vee) were playing cards and I played a little bit of cards where I used to live, and I kind of started getting caught up on the game. We started playing since the start of the school year.

**Tell about a few guys that you play with.** They are all pretty good guys. We have our times when we argue, but they're pretty cool guys. Like (juniors) Bobby (Hernandez), and Adam (Just), and Colin (Kilby) and Cam (Heverly). They're pretty good card players. **What games do you usually play?** We usually play pitch. **How do you know if you have a good hand?** If you have most of the points, like if you have an ace, a jick, which is opposite the jack, a jack and a low card. That would be a really good hand. **When is the game over?** You have to get to 15 points.

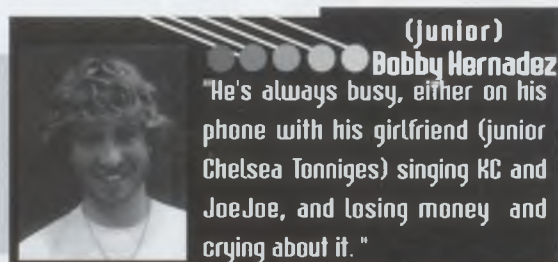
You can play individual or teams. **Why do you like to play cards?** It's fun. We have a good time. We get together and it gives us something to do instead of getting in trouble somewhere. We have fun. We laugh at each other and make jokes. **What**

**is your fondest memory about playing cards?** We were at Just's house and we were playing "in between." That's when you lay down two cards and you bet if it's in between the two cards. If the card in the middle comes down, and if it's one of the outside cards you have to double the bet. We got the pot up to \$68, which was the highest we ever got it up to. There was a king and a two out and Adam (Just) bet the pot. The pot was like at \$20 at that time and a two came down. Everyone around us just freaks out because he had to double it and he had to put in \$40.

Everyone was freaking out because they wanted to say "pot" and get the money from the pot, but then again they were scared because they didn't want double the bet and pay. It was crazy and we got the pot up to \$68. **Who won the pot?** Well, everyone was scared to bet the pot, so we would just say five dollars and it would slowly go away. It was pretty crazy, there was like five or six of us guys there.



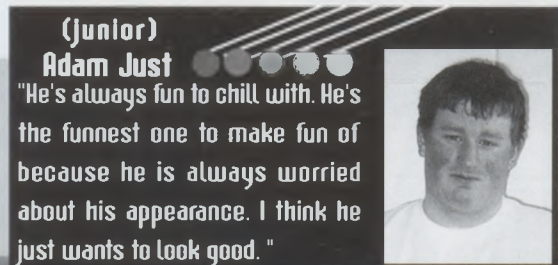
3.



(Junior)

**Bobby Hernandez**

"He's always busy, either on his phone with his girlfriend (Junior Chelsea Tonniges) singing KC and JoeJoe, and losing money and crying about it."



(Junior)

**Adam Just**

"He's always fun to chill with. He's the funnest one to make fun of because he is always worried about his appearance. I think he just wants to look good."







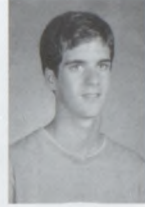
Michelle Ackelson  
Michael Adam  
Fifi Albathe  
Ashley Aller  
Jason Arment  
Drew Armstrong  
Meghan Atkinson  
Kristin Badgley



Hongdi Bai  
Niles Bailey  
Thomas Bailey  
Reid Baker  
Zach Barber  
Scott Barnes  
Ryan Bass  
Damir Batalevic



Katie Battani  
Christa Beason  
Mallory Beck  
Hallie Beckfield  
Justin Behanish  
Stacie Bendixen  
Emily Bibler  
Stephanie Bittner



Lori Bjork  
Justine Blanchard  
Kelly Blaylock  
Tara Blutt  
Matthew Bole  
Kristin Boscaljon  
Cole Brackney  
Brock Brones



Alison Brown  
Cody Brown  
Mike Burch  
Nick Bussanmas  
Sarah Butitta  
Stephen Butler  
Lauren Butterwick  
Randie Camp



Joy Campbell  
Jennifer Carl  
Kyle Catron  
Heather Chance  
Henry Chavez  
Cody Christensen  
Chase Clason  
Mitch Cline



Mark Cluney  
James Cochran  
Lauren Coleman  
Karly Collyer  
Alex Contino  
Amanda Cook  
Jeremiah Cooper  
Katie Correy



Alicia Corron  
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Stephanie Courtney  
Stephanie Craft  
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Kendall Crawford  
Meredith Cronin  
Meredith Crowder

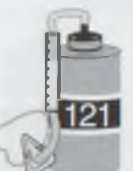
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1.



2.

To divert his attention, Divis busies himself with a new flurry of activities.

1. Concentrating, Divis takes his time and intends perfect aim in a game of pool at his girlfriend, junior Kiley Waltz's house.
2. Conquering the early winter snow, Divis enjoys speeding through an empty lot on a four-wheeler. Junior Nick Sanger and freshman Scott Bower also rode along on that frigid afternoon.
3. Divis dedicates his time to Allen Lawn Care, a snow removal company, with which he is employed. *photos by Megen O'Toole*

## Ryan Divis: The Survivor

spread by Megen O'Toole

With no other reason but to push the limits, Junior Ryan Divis entered high school as one of the 18% of other Johnston High School students who used marijuana one or more times in the previous year (data from the Search Institute's Attitudes and Behaviors Survey, 2001). Influenced by friends and a curiosity Divis joined the population of students who experimented with marijuana. Within the year Divis had experienced a new kind of fun, laughing at anything, even "bulblight," which was Divis's attempt to say lightbulb, and experiencing an unfamiliar sensation: the munchies.

While succumbed to the new excitement Divis was pulled in even deeper. However, he wouldn't realize how far for another year and a half. In his quest to retain the effect they first had on him, Divis continued to try new, more powerful drugs. Using regularly allowed his body to build a tolerance to those effects of the drug, so he continued to use more "because you want to re-experience (feeling) happy," said Divis, the "happy" that the use of drugs brought.

At times in his two and a half years of experiences Divis routinely used. He became educated on new drugs, and was taught how to cover up their effects. Investing in a bottle of Visine eyedrops was one way Divis hid the truth, as well as removing his shirt while smoking so that the drugs would be less detectable by smell. But at times, when he would go out with his friends while high, "you could hear people talking about us, it's embarrassing," said Divis.

The deeper Divis fell, the more he realized and dwelled on his problems. "It's what I need, and it's what I want, but it's not me," said Divis. In his experiences he not only lost brain cells, but he also became disconnected from some of his best friends who were not interested in drugs. Nothing seemed to slow him down until his relationship with girlfriend, junior Kiley Waltz, reached five months and she gave him an ultimatum that encouraged him to quit. "I didn't want to be associated with that. I knew he could do so much better. He has so much going for him," said Waltz.



3.



(Junior)

Kyle Landsberger

"We both experimented for a while together, then he started seeing Kiley (Waltz). It took me not too much longer but I too got out of the rain and I can see clearly now."

(Junior)  
Carson Hughes

"We hung out a lot, but then we kind of separated for a little bit. We just didn't hang out as much, but now he is fun to hang out with and he makes me laugh."







Tom Danielson  
Adam Dannenburg  
Andy Davis  
Ryan De Hamer  
Megan Dean  
Jeff Deets  
Alyson Denny  
Bryce Devine

Sean Dickenson  
**Ryan Divis**  
Matt Dominguez  
Mike Donaldson  
Edwin Dorn  
Allison Dzubak  
Adam Eckhart  
Mike Eittreim

Becky Elming  
Sara Embrey  
Grant Erbes  
Michael Farrell  
Dustin Fergesen  
Antonio Festini  
Emily Fey  
Jessica Finley

Keelie Fisher  
Jennifer Fox  
James Friestad  
Jason Fry  
Ashley Fuller  
Emily Funk  
Brenden Furrow  
Josh Geneser

Yasha Ghaffarzadeh  
Nicole Gibson  
Daniel Gillaspey  
Jake Goedken  
Bethany Goodenow  
Thomas Gordon  
Jason Graham  
Melanie Granamin

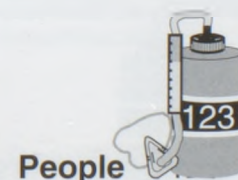
Alex Grasso  
Emily Green  
Michele Gunderson  
Brandon Hacker  
Jake Haden  
Mollie Hafner  
Alex Hammer  
Jill Haney

Brett Hansen  
Molly Hanson  
Earl Harmon  
Heather Haskins  
Samir Hasojlic  
Adam Hatch  
Dexter Hawkins  
Kevin Herink

Bobby Hernandez  
Cam Heverly  
Brittney Hibbs  
Liz Hilby  
Austin Hill  
Jessica Hill  
Hayley Hirst  
Erik Holt

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1. Hunting plays alongside 3-year-old Aaron Johnson in the nursery at Zion Lutheran Church, where she volunteered every Sunday morning. Hunting also served as the superintendent of Wednesday night education classes.
2. An amused Hunting reacts to a friend's comment during small group discussion, which was held at an adult leader's home.
3. Seated next to her mother Vicki and church member Elizabeth Hendrix, Hunting enjoys a meal at Zion. "I was really happy when we came to this church because it was just so welcoming," Hunting said. *photos by Stacie Bendixen*

## Cindy Hunting: Missionary

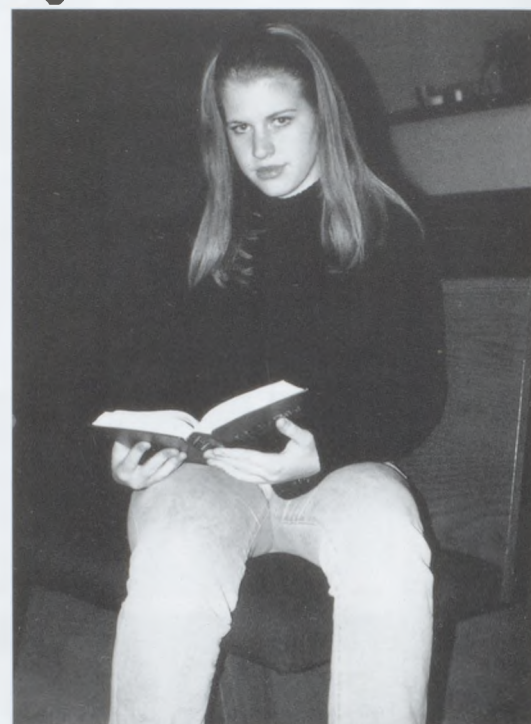
*spread by Stacie Bendixen*

On the Pine Ridge Indian Reservation in South Dakota, wild dogs roam where they please and people lead their lives by the sun instead of by the clock. Residents dwell in identical tiny houses with large families of seven to eight. Many of the inhabitants of Wanblee, S.D., a mere prick on the 200-acre Lakota reservation, didn't own a winter coat until junior Cindy Hunting arrived with a pack of fellow missionaries from Zion Lutheran Church.

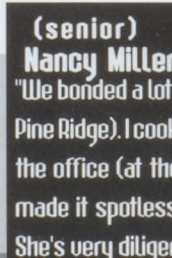
Hunting's church visited Pine Ridge four times on missions to aid those in need, and Hunting participated twice. Zion's youth pastor, Brent Osborne, said the purpose of the trips was "to be the hands and feet of Jesus for people who really need some love in their lives" and "to offer hope through service." For five days in June, Hunting and fellow youth worked to improve a foster home. They organized supplies, did laundry, baked cookies and pulled up old bathroom tile. During their stay, they slept in sleeping bags on the floor of a local mission building. The following November, church members brought 50 boxes of donated coats, blankets and warm clothes to distribute at the Emmanuel Mission in Wanblee, where they also served a turkey dinner to 200 people.

Through the projects, Hunting said she realized how much the upper classes of society take for granted. "It's kind of sad if you think about it," Hunting said. "There's a third-world country less than a whole state away from us." The Lakota Indians' carefree lifestyle also had a profound impact on her, and she realized just how fortunate she was. "They (the Lakotas) live their lives with what they have, and they're happy just to be alive," she said. "It's made me value everything that I have just a little more."

Ultimately, Hunting believed her mission experiences were successful in their purposes. "We basically just made their day a little brighter and their winter a little warmer," she said. "If we wouldn't have gone up there, a lot less people would have a coat."



(Junior)  
**Emily Green**  
"She makes small group more fun. She told me to go. I didn't really know anyone in the small group (before) so I wasn't very involved. She makes it more entertaining."



(senior)  
**Nancy Miller**  
"We bonded a lot more on the trip (to Pine Ridge). I cooked and she cleaned the office (at the foster home). She made it spotless. It was awesome. She's very diligent."







Casey Hooper  
Jessica Hoover  
Megan Hoover  
Ashley Horning  
Kyle Horstman  
Lan Huang  
Courtney Huff  
Carson Hughes

David Hughes  
Jacob Hukee  
**Cindy Hunting**  
Amy Huynh  
Nathan Imes  
Stephen Ites  
John Jacobsen  
Elizabeth Janes

Nick Jespersen  
Amwell Johnson  
Ashley Johnson  
Kelly Johnson  
Sarah Johnson  
Donnesha Jones  
Adam Just  
Ali Keenan

Matthew Kelly  
David Kern  
Colin Kilby  
Dustin Kile  
Natasha Kim  
Steven King  
Lacey Kinzler  
Glenn Krantz

Brittney Kronick  
Trevor Kruger  
Katie Krull  
Kristin Labertew  
Jenna Lammers  
Jordan Lampe  
Kyle Landsberger  
Bethany Landwehr

Peter Langston, Jr.  
Ben Langwith  
Ellen Larson  
Tyler Lawrence  
Hudson Lewis  
Kayla Lewis  
Tiffany Lewis  
Lindsey Lockner

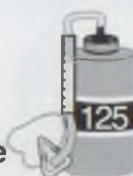
Ashley Lundgren  
Leah Lundstrom-Yurdin  
Nathan Maple  
Brian McCrea  
Nick McKinley  
Ashley Meek  
Kyle Mentzer  
Derek Merkler

Mike Mertz  
Bryan Messmaker  
Nathan Metzler  
Daniel Meyers  
Alex Miller  
Amanda Miller  
Hannah Miller  
Michael Miller

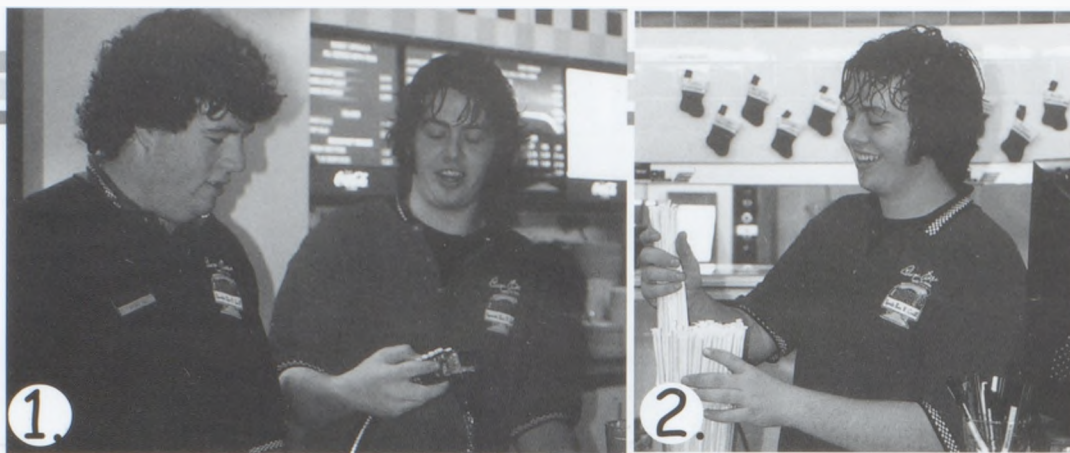
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People







1. While working, Murphy socializes with his co-worker, senior Paul Peppmeier. They had a conversation while Murphy filled two pitchers of water to distribute to the customers.
2. Part of Murphy's job is to sort unused straws. He placed the straws into the water pitcher for the customers to use when they purchased a beverage.
3. Murphy mixes drinks for himself and other co-workers. He would place the drinks into small cups. The drinks were a mix of Mr. Pibb and Mountain Dew, which was one of his favorites. *photos by Shaina White*

## Ryan Murphy: Workaholic *spread by Shaina White*

Spending 30 hours at work can be exhausting, but for some it is not a problem. Junior Ryan Murphy had a 30-plus hour work schedule at Plaza Lanes. "I work for the money and I'm the only night employee for the snack bar," said Murphy.

Murphy worked at Plaza Lanes since the beginning of May, but started working 30 or more hours in October compared to the 20 hours he worked before October. On Friday and Saturday nights Murphy worked from 5 p.m. until 3 a.m. and Sunday nights from 5 p.m. until midnight. He also worked once a week Monday, Tuesday or Wednesday.

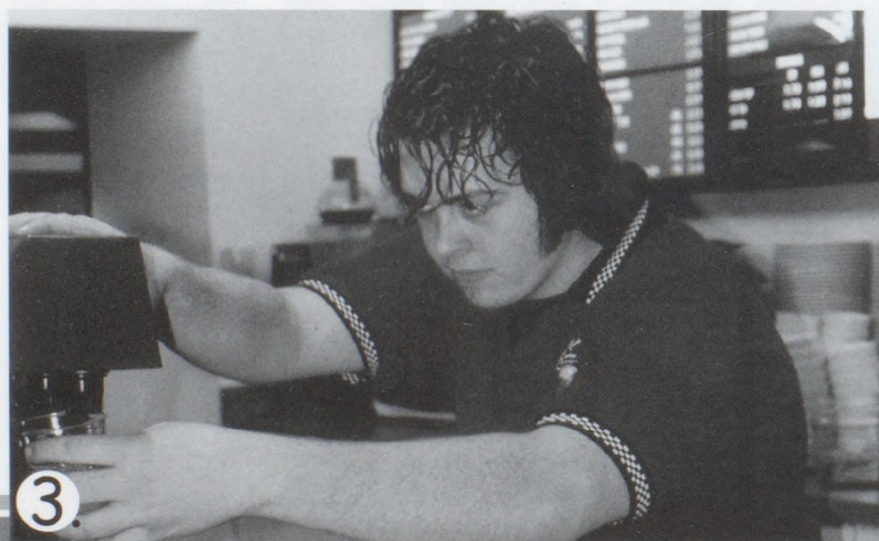
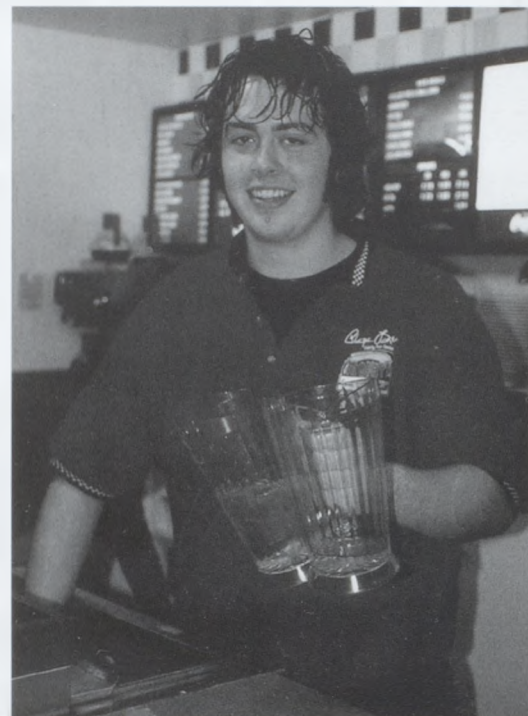
At work Murphy did just about everything, such as helping the bartenders stock and working the front desk. He also served food in the restaurant and anything that applied to the snack bar.

Murphy, who was dismissed seventh and eighth periods every day, usually did his homework after school. He seldom had time for his homework, but found plenty of time to sleep. "On Friday I work 5 until 3 a.m., then sleep from 4 a.m. until 4 p.m., go to work and do it all over again the next night," said Murphy.

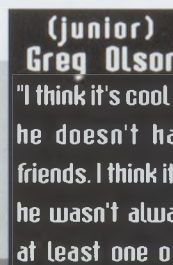
On the days Murphy did not work, he could be found hanging out with friends, bowling or at home sleeping. Yet some of his friends did not agree with him working so many hours. "I hate that he works so much and I think he should quit," said sophomore Kourtney Roberts, Murphy's girlfriend.

According to Murphy's boss, Mel Gray, he was hired because he was a frequent bowler and filled out an application at Plaza Lanes. His benefits of working at Plaza Lanes were that he got cheap food, and got to bowl inexpensively. Murphy received a salary of \$6.50 an hour.

Even though he worked so many hours a week, he never tired of his jobs. "I love working so much, because I have so much fun and the people are great," said Murphy.



(sophomore)  
**Amanda Frieled**  
"I think Ryan working is great, but he always chooses to work instead of having fun. That is the worst part about the hours he works, but otherwise it's great."



(junior)  
**Greg Olson**  
"I think it's cool that he works, but he doesn't have time for his friends. I think it would be better if he wasn't always swamped, but at least one of us has money."







Arash Mirian  
Chase Moffitt  
Zainab Mohammed  
Ben Morrill  
Alyssa Mueller  
Jeff Munn  
**Ryan Murphy**  
Sierra Murphy

Shabrean Nead  
Alex Nelson  
Mitchell Nelson Thornley  
Erin Newbury  
Adam Nixon  
Rebecca Norris  
Stephanie Nyquist  
Megen O'Toole

Ashley Oeltjenbruns  
Danielle Ogren  
Darren Ollom  
Greg Olson  
Justin Olson  
Ryan Olson  
Casey Overberg  
Jon Palmer

Haley Parks  
Lindsay Parry  
Becca Paszkiewicz  
Greg Patten  
Trent Peterson  
Amber Phelps  
Emily Phelps  
Ryan Phillips

Jake Pike  
Dani Postel  
Jake Prine  
Brad Proehl  
Jeff Proehl  
Ashley Raes  
T.J. Ramsey  
Rachel Reed

Amanda Rhoads  
Alicia Richards  
John Rippel  
Joe Ritland  
Beth Roese  
Kory Ross  
Jason Rude  
Allison Rutherford

Erin Sams  
Megan Samson  
Tim Sanders  
Nick Sanger  
Jasmina Sarajlija  
Brandon Schares  
Jennifer Schmidt  
Joe Schmidt

Mindy Schoop  
Joel Schreiber  
Kendall Schuck  
Evan Schultz  
Annie Schunicht  
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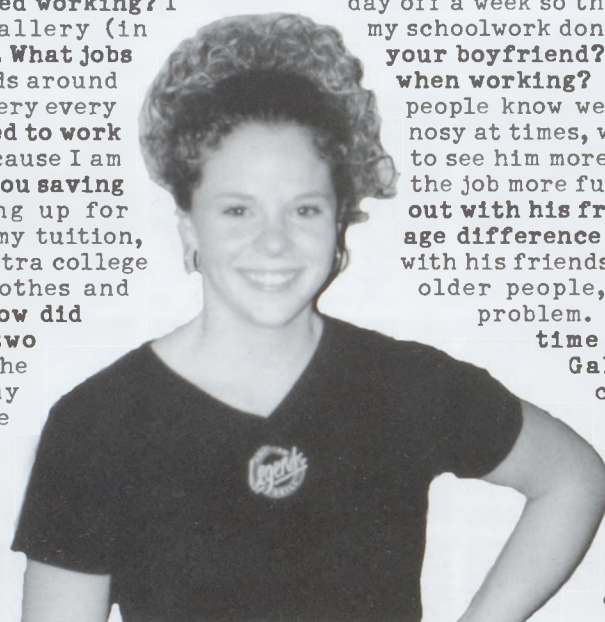




1. VerMulm writes down the specials of the day, before the dinner rush comes in. Everyone has a duty when they come into work and this was hers that day. She started working at Legends on Nov. 1, as a hostess.  
 2. Preparing a coffee for a customer, VerMulm works at the Art Gallery. She works at the gallery every Saturday. This was her first job. She is going to continue working at the gallery, even if it was only once a week, because she enjoys it so much.  
 3. Reaching for the crayons, VerMulm clears a table at Legends on a Sunday afternoon. That day her boyfriend, Sean Gleason a graduate at Dowling Catholic, worked with VerMulm. *photos by Abbey Gessmann*

# Molly VerMulm: Laborer *spread by Abbey Gessmann*

**How old were you when you started working?** I started working at the Art Gallery (in Grimes) when I had just turned 16. **What jobs do you have now?** I work at Legends around five times a week and the Art Gallery every Saturday. **Why do you feel you need to work so much?** To keep myself busy, because I am not in any other activities. **Are you saving up for something?** I am saving up for college. I don't need to pay for my tuition, but I have to pay for all of my extra college needs, and I use my tips for clothes and extra stuff I need right now. **How did you decide to work at these two places?** The people that owned the Art Gallery used to be my neighbors, and they are practically family. I started working at Legends because my mom picked up an application and I filled it out. It sounded pretty cool. **How do your parents feel about all the working you do?** They always say school comes first. They know I normally only get one



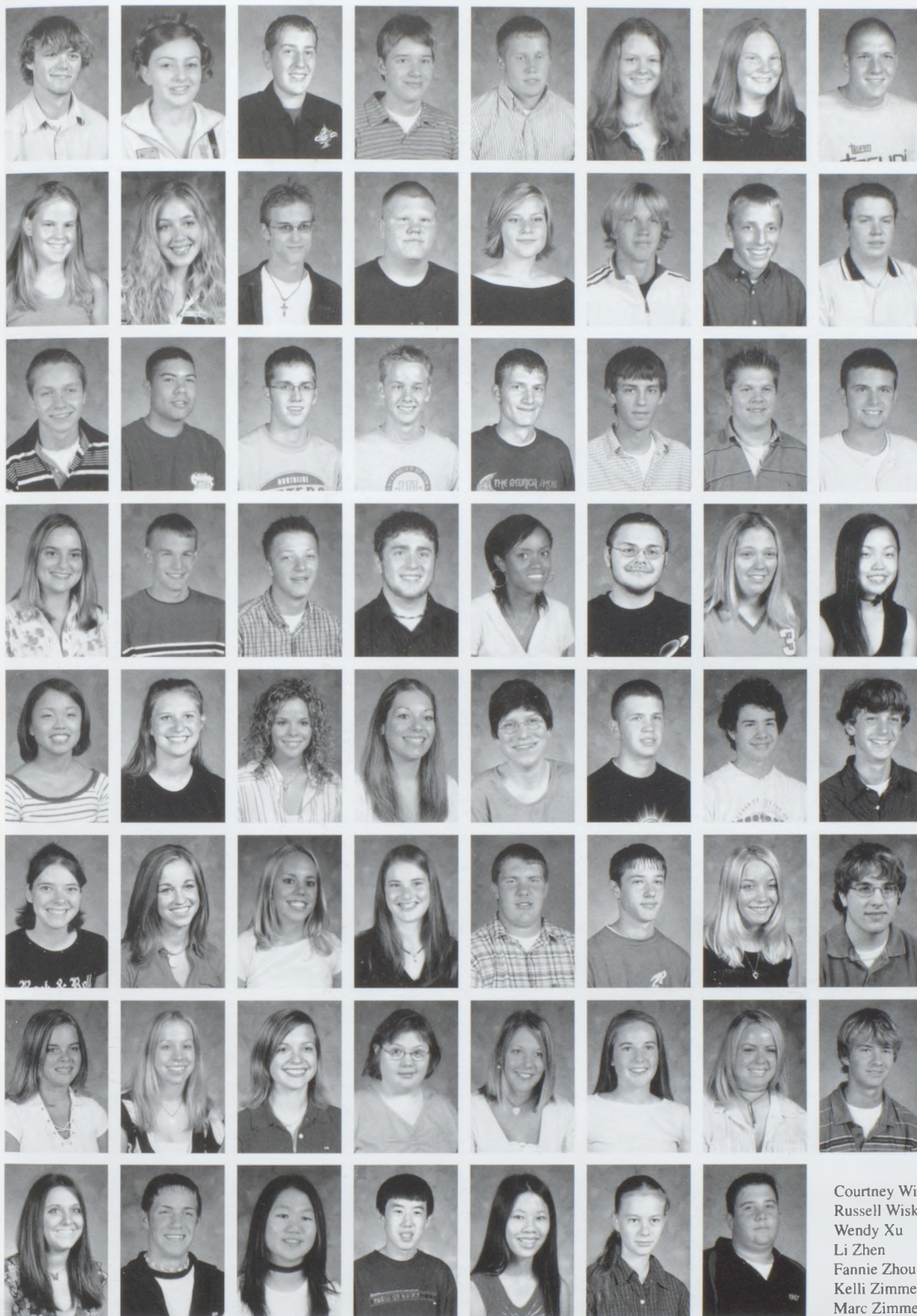
day off a week so they tell me that I need to get all of my schoolwork done first. **Do you enjoy working with your boyfriend?** What is the mood between you two when working? It's kind of weird at first because people know we are together. They can be really nosy at times, which makes things difficult. I get to see him more, so it is okay. It definitely makes the job more fun. **Do you and your boyfriend hang out with his friends or your friends more?** Is the age difference a problem? We normally hang out with his friends. I feel it's easier to hang out with older people, so the age difference is not a problem. I actually like it. **Do you spend time with the family from the Art Gallery?** Our families are really close, so we will have dinner a lot together and we go bowling. We actually have been bowling a lot with them lately. It is fun though. **Is it easier to work with people you are so close to?** It is a lot easier. I know what I am doing there and I feel more comfortable at the Art Gallery.



(Junior)  
**Mindy Schoop**  
 "Since Molly (VerMulm) has been working a lot lately we haven't been able to be together as much. We luckily do get together when she gets off."

(Junior)  
**Tiffany Lewis**  
 "Molly (VerMulm) hasn't been around as much because of work, so sometimes we don't share as many funny moments, good conversations, and memories."





Colin Sedgley  
Marizela Schic  
Colin Seibert  
Paul Selberg  
Cory Shannon  
Kelly Sheeder  
Amanda Shoeman  
Collin Siberz

Percillia Simpson  
Jennifer Six  
Mark Smart  
Zach Smith  
Sonja Spray  
Justin Steggerda  
Ryan Steinkamp  
Brett Stewart

John Stradley  
Eric Streng  
Brandon Swett  
Tyler Swett  
Zachary Swoyer  
Tyler Tannatt  
Colby Taylor  
Adam Thilges

Allison Thomann  
Joseph Thuente  
Jeffrey Townsend  
Bobby Trader  
Berhane Traylor  
Chris Troyer  
Erin Turner  
Erin L. Turner

Lauren Turner  
Laurabeth Vander Ploeg  
**Molly Ver Mulm**  
Marin Viera  
Anjel Vodenik  
Jacob Walahoski  
Craig Waldschmitt  
Steven Walter

Skyler Walters  
Kiley Waltz  
Megan Ware  
Whitney Warne  
Jay Warren  
Branden Weatherly  
Amie Wentland  
Travis West

Brittany Westercamp  
Ashley Wheeldon  
Jessica Wheeler  
Emily White  
Stephanie Williams  
Jessica Wilson  
Lauren Wilson  
Robert Winterbottom

Courtney Wirtz  
Russell Wiskirchen  
Wendy Xu  
Li Zhen  
Fannie Zhou  
Kelli Zimmer  
Marc Zimmerman



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People







1. Aubuchon rehearses the song "Here I Go Again" by Casting Crowns with Brandon Blaede. Blaede played the part of Aubuchon's father, who had just gone through a painful divorce.

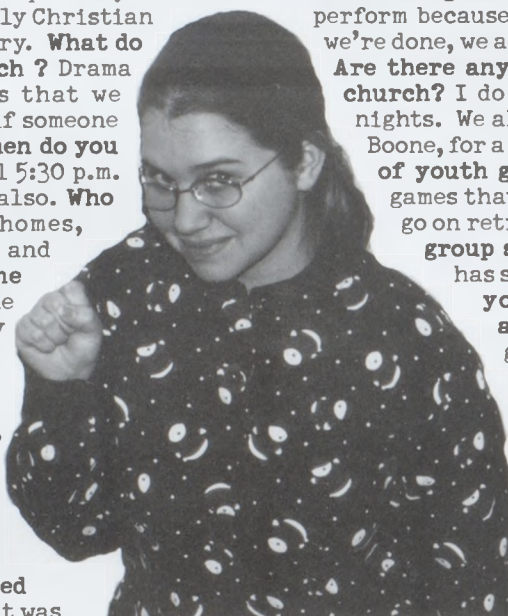
2. Sophomore Beth Aubuchon listens with senior Scott Neal and Alexandra Dougherty as she performs in the drama play, *Goldilocks on Trial*. She played the part of a sleepy juror who, with her fellow drama classmates, listened to the trial.

3. Flinging her arms out in the air, Beth rocks to the music of Toby Mac during a youth group rehearsal at her church. *photos by Andy Pullen*

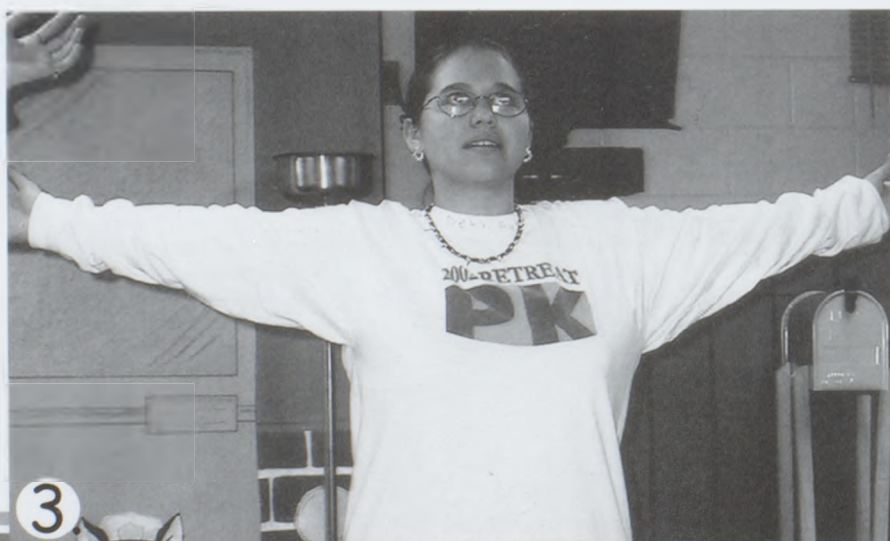
## Beth Aubuchon: Actress

*spread by Andy Pullen*

**What kind of activities do you do with your church?** We are doing music videos with our youth group. They are a series of videos that go along with mostly Christian rock music. They eventually tell a story. **What do you do for these videos at your church?** Drama with music. We all have characters that we portray and we learn all the parts so if someone is gone, we can fill in their parts. **When do you practice?** Sundays from 2:30 p.m. until 5:30 p.m. Sometimes, we have practice at night also. **Who have you performed to?** The guy's homes, Woodward and Clarinda youth groups and other churches. **Can you explain the character you portray?** For most of the videos, I'm a gothic character abused by my father. **Could you explain the plot?** My dad is abusive and my sister tries to protect me. She goes and prays with me and she brings our dad to read the Bible, but I refuse to read it. Later, I am eventually converted and become a Christian. **Who else participates in the videos with you?** Most of the time, just students, but sometimes the adult leaders take part. **What got you started in the videos?** Some of my friends said it was



a lot of fun, and I like acting. **What is your favorite thing about being with your youth group?** When we finally get to perform because we all get distressed and fight, but when we're done, we always do a good job and don't fight anymore. **Are there any other activities that you do with your church?** I do this and go to youth group on Wednesday nights. We also go on some retreats to a campground, in Boone, for a weekend. **How have you made friends because of youth group activities?** We play a whole lot of games that force us to get to know each other. We also go on retreats. **Has this experience with your youth group strengthened your faith?** Yes, because it has showed how we can tell people about God. **Are you planning on getting into other activities with your church?** Yeah, there's going to be a puppet team, and I might join that. **Is it hard to find time to do youth group activities, schoolwork, and extra curricular activities?** I have to make sure I bring homework to retreats or finish it ahead of time, but usually I finish it sooner or later. **Are you thinking about pursuing a future as an actress because of these youth group activities?** Kind of, but I haven't totally decided yet.



(sophomore)  
**Kristin Fortney**  
"Beth is really dedicated to church. She always wants people to come to church and learn about God and just know that everything is going to be okay."

(supervisor)  
**Marcy Meshek**

"She is very committed to what she does, and gives 100 percent to the character she portrays. When she acts, you really begin to believe that she is that character."







Ashley Abbas  
Jennie Adams  
Carol Albathe  
Kelly Albrecht  
David Alderson  
Cole Anagnost  
Melanie Anderson  
Dinshaw Anklesaria

**Beth Aubuchon**

Brett Bailey  
Josh Baird  
Ambrose Ball-Harney  
Jake Baltzley  
Eric Barks  
Nick Batterson  
Sarah Bax

Karina Baymiller  
Kendra Beane  
Alec Beck-Cross  
Dallas Beery  
Rachael Behnke  
Taylor Bell  
Dustin Bennett  
Brandon Betz

Thomas Binner  
Chandra Binnie  
Peter Blutt  
Blake Boever  
Jill Borich  
Josh Bowen  
Stephanie Bower  
Justin Bracelin

Danielle Bradshaw  
Benjamin Breen  
Rebekka Broeker  
Diane Brown  
Kelsey Brown  
Matt Brown  
Tyler Brown  
Tiffany Browner

Sean Bruce  
Whitney Bryant  
Joel Bubeck  
Tyler Buller  
Thomas Burkhead  
Brad Buster  
Katie Caldwell  
Josh Carlson

Rebekah Casciato  
Nick Ceolla  
Eric Chace  
Corey Chancellor  
Blane Chesnut  
Emily Chrisman  
Nik Christensen  
Alyssa Ciarimboli

Jordan Clasen  
Shelby Cochran  
Josh Coffman  
Chelsea Connelly  
Zach Cooper  
Jessie Cordes  
Jeff Courtright  
Erin Couture

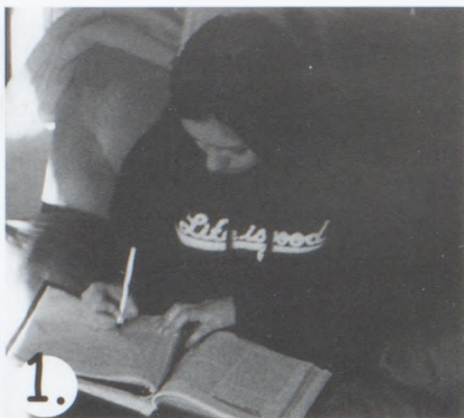
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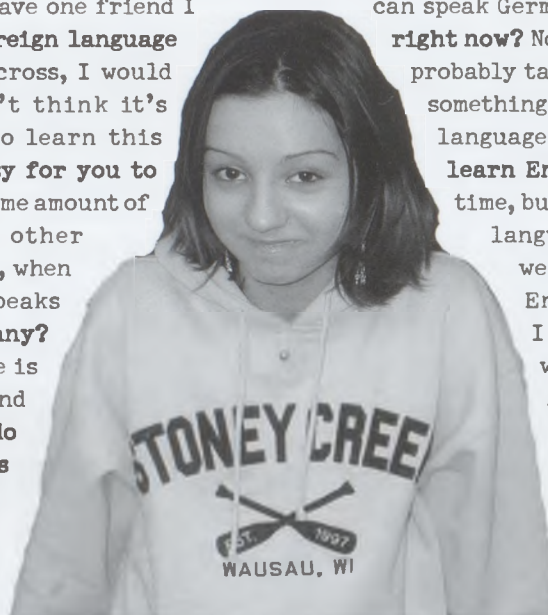




1. Copying vocabulary and definitions from her Civics book, sophomore Alma Hadzomerovic does homework for Developing Citizenship. Coming to the U.S. gave her firsthand experience in the immigration process.
2. Laughing it up in biology class, Hadzomerovic works with friends Sarah Buchholz and Cassidy Williams, freshmen. Being trilingual enabled Hadzomerovic to talk to her friends in Bosnian, German or English.
3. Wanting the Green Bay Packers to beat the Philadelphia Eagles, Hadzomerovic watches the Sunday football game with seventh grader Brittney Thompson, like she would do with her family. *photos by S. Cameron and L. Lockner*

## Alma Hadzomerovic: Trilinguist spread by Lindsey Lockner

**I heard that you were trilingual.** When I was two I went from Bosnia to Germany. I lived there for eight years and then I came here five years ago. So I didn't live in Bosnia that much. I speak all three languages because I have to speak Bosnian with my mom and I speak English in school. **When you are with your friends you sometimes speak German. Why?** Well, when I have someone around me that speaks Bosnian I can't speak in Bosnian because I don't really want them to understand. And most people don't speak German. I only have one friend I knows it that well. **Are you in a foreign language don't plan on it, but if it comes across, I would on German after Bosnian?** I don't think it's here and say 'Oh my God, I have to learn this I just started speaking. **Was it easy for you to some people who have been here the same amount of because I have been exposed to other German and English as well?** My mom, when think she forgot it and now she speaks **differences coming here from Germany?** for the languages. In Germany there is are Bosnian people and white people and German. **What type of stuff do you do Are there any different traditions Christmas or Thanksgiving, so I celebrate Bitam. What is Bitam?** It's what you basically do is be with **Did you not come to school during only ones here, my mom made me go.**



**can speak German with because she is the only one who right now?** No, I'm not. **Do you plan on being in one?** I probably take French. **Was it easy for you to pick up something I had to do, it just happened. I didn't come language.'** I did worry about it, but as time went on **learn English?** Yeah, it was, because there are time, but they speak really less and I think that's languages, like German. **Does your mom know we were in Germany she spoke German, but I English. Were there any big cultural I don't think there was anything big except way less culture than here. Like here there is just Asian people and in Germany there is just with your family during the holidays? you have?** My family doesn't celebrate celebrate it with my friends. We do a holiday before your Thanksgiving and your family and give presents or money. **Bitam?** Me and another girl were the



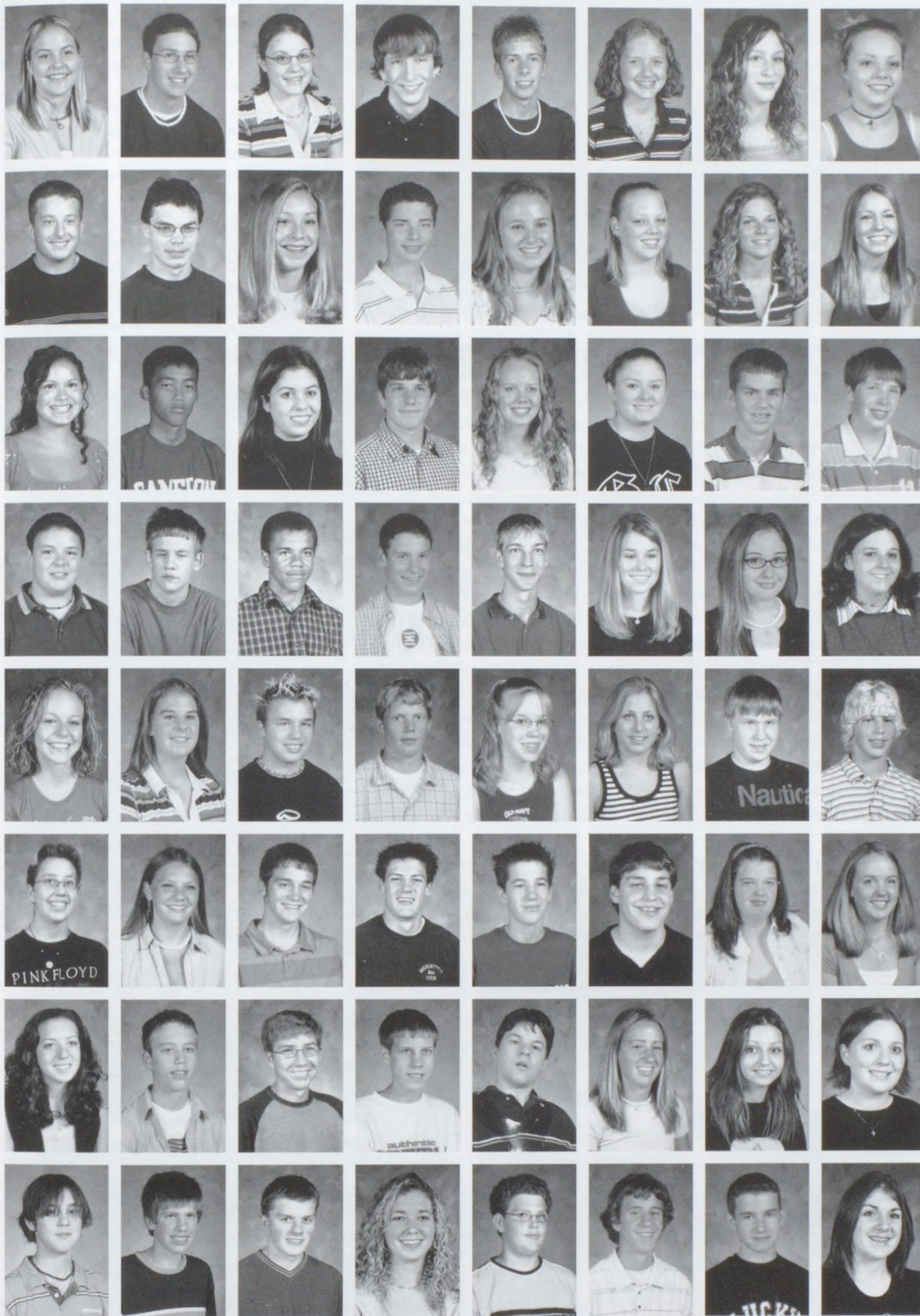
**(freshman)**  
**Sarah Buchholz**

"We talk in class and do our homework together. She's real easy to get along with. Anyone would find it easy to talk to her because she's so nice."

**(ESL teacher)**  
**Jennifer Oden**

"She's an intelligent girl and very interesting. She knows a lot about other countries, since she moved from Bosnia to Germany. She's friendly and asks lots of questions."





Leslie Crawford  
Dustin Crum  
Megan Danielson  
Justin Darling  
Jason Deal  
Jessica DeBruin  
Missy Deer  
Teile DeLaria

Cory Dennis  
Levi Dennis  
Emily DePenning  
Logan Derby  
Brooklyn DeSart  
Jennifer DeWaard  
Kelsey Dicken  
Abby Dierks

Ashley Dominguez  
Andrew Doudna  
Alex Dougherty  
Eric Dreibelbeis  
Alecia Eggers  
Annie Ekstrom  
Colby Elmitt  
Zach Emmerson

Dan Engstrom  
Alex Ervin  
James Evans  
Adi Feriz  
Logan Fiala  
McKenzie Fisher  
Jessica Fondell  
Ashley Forbes

Emily Forte  
Kristin Fortney  
Dave Foshe  
Kaleb Foshe  
Jessica Fowler  
Alex Frakes  
Jacob Freeman  
Pat Freese

Laz French  
Amanda Friestad  
Dave Fritz  
Tim Gannon  
Nick Gardiner  
Jacob Garland  
Molly Gehm  
Abbey Gessmann

Michelle Gillotti  
Joey Glenn  
Andy Goers  
Nathan Gonner  
Josh Graham  
Abby Green  
**Alma Hadzomerovic**  
Beth Hanigan

Derek Hansen  
Gerrit Hansen  
Patrick Hanson  
Lauren Harvey  
Grant Hayward  
Chris Heffling  
Todd Herink  
Brittany Herrold

*Noodle Zoo North*

4640 86th Street Urbandale, Iowa 50322







1. Knepper places the rounds in the right position. He had to check them before he went hunting to make sure there was enough ammunition for the duck rounds. Different sized rounds were used for different sized birds.

2. Standing in his office, where all the hunting equipment is stored, Knepper cleans his gun. He said when cleaning his gun, he made sure there was no water or dirt in the barrel, because it would affect the accuracy of the shot. Cleaning also prevented it from rusting.

3. Aiming the gun high, Knepper gets a clear look down the barrel. Knepper checked the alignment of the barrel on the gun to make sure everything was lined up and accurate. *photos by Ashley Meade*

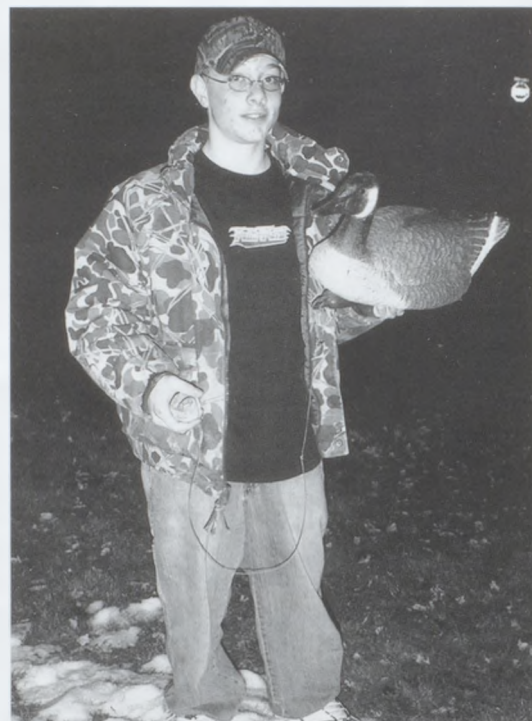
## Ryan Knepper: Hunter

Sophomore Ryan Knepper rolled out of bed as no light peaked through the windows. He dressed in camouflage to begin his adventurous day of hunting, all before the sun began to rise. Ryan's main hobby was hunting for the past four years. He went hunting every weekend during the season with his dad, Craig Knepper. Hunting season lasted from the beginning of October through the beginning of December. Ryan and Craig hunted for ducks and geese. They got up at 3:30 a.m. on one weekend morning and went out hunting, and they stayed out until noon. The duo hunted mainly at Lake Solugh, located near the town of Yale, Iowa.

"I have always hunted in the past, and when Ryan was old enough he wanted to come along and watch. Every time we went he became more interested. Now we usually go at least one day on the weekend," said Craig. Ryan passed the required hunters' safety course and became a hunter in 1999. The course included basic safety rules for hunters and taught proper care, cleaning and storage of firearms.

"The first time I ever went out hunting with my dad we were not spotting many ducks at first," said Ryan. "However, the guys across from us were getting them in all day. They asked if we wanted to go over there and join them. As soon as we got there, there was a big flock of mallards and I shot my first bird, a Drake mallard." Craig said that Ryan shooting his first bird was the most memorable time they had hunting together.

Ryan said that there were many preparations to do during the week to get ready for hunting on weekends. "You have to get the boat ready, the decoys, get the guns cleaned, buy ammo, make sure calls are clean and practice calling," said Ryan.



(sophomore)  
**Jacob Freeman**

"One time Ryan (Knepper) and I were going to a movie, but we had to cancel our plans. Instead he went out hunting with his dad since it was the first day of duck hunting."

(mom)  
**Janice Knepper**

"I think they go hunting all the time. Any day they have off they are out hunting together. When they get home they say they are too tired to do anything because of their day of hunting."







Missy Higgins  
Jim Hinchliff  
Indira Hodzic  
Ben Hokscho  
Carah Holliday  
Peter Holmgren  
Mike Holowinski  
Ashley Holseid

Trevor Holt  
Jeff Hoobin  
Sherry House  
Jenna Hukee  
Nathalie Hurm  
Drew Imhoff  
Nicole Jansen  
Mike Jergens

Chris Jespersen  
Jenna Jewell  
Marla Johnson  
Amanda Jones  
Samir Kantarevic  
Pavel Kazatsker  
Jeremiah Keltner  
Amanda Kennedy

Ton Khunsaen  
Dylan Kimsey  
Erica King  
Liz Kirk  
Patrick Klopfenstein  
**Ryan Knepper**  
Amy Konz  
Jenny Kreashko

Alex Kron  
Dan Kurns  
Shane Lamb  
MacKenzie Lang  
Rob Lang  
Danielle Larimer  
Chane Larkin  
Dane Larsen

Kevin Leabhart  
Tamara Leaman  
Claire Lekwa  
Megan Letizia  
Amanda Leverman  
Abby Lewton  
Rachel Lippincott  
Nathan Long

Daniel Lundgren  
Kate Mabee  
Bridget Mahony  
Andrea Malloy  
Sammy Maple  
Sean Martin  
Dani Martinson  
Mallory McCarty

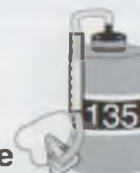
Cara McCollister  
Katie McCollough  
Kyle McCracken  
Lindsey McCulley  
Anna McCullough  
Korie McGinnis  
Mary McGrath  
Emily McPherson

*Cutty's D.M. Club*

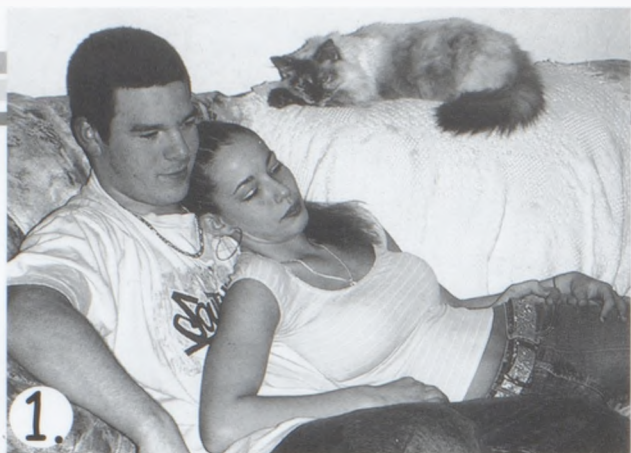
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People







1.



2.

1. Minella and Holseid share a comfortable Sunday afternoon watching a football game on TV in Holseid's living room. The two often spent their time together kicking back and relaxing.

2. Enjoying the beautiful sunset, the couple cuddles together on a bench on the Holseid's porch. Although it was chilly outside, they liked spending quiet time together.

3. Minella and Holseid prepare to take a nap in Holseid's room after a long night at Minella's brother, Gib Minella's house. While with Gib, they played video games and went to a movie later that night. *photos by Dani Martinson*

## Vic Minella: Boyfriend

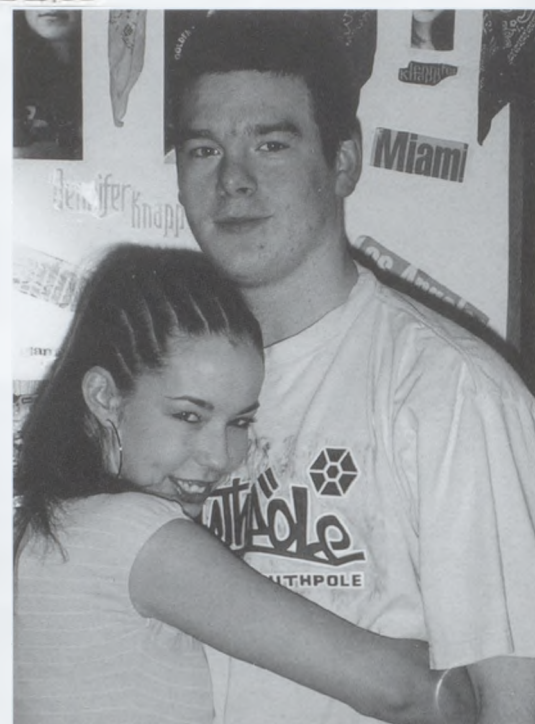
spread by D. Martinson

Although sophomore Vic Minella had been dating sophomore Ashley Holseid since October, the couple previously cherished eight years of friendship together. The two of them grew up together in the same neighborhood. The couple had dated previously, but took a break and stayed good friends in the meantime. Holseid said, "He's different than a lot of other guys. He's really sweet and he understands my feelings better than other guys." The two spent free time together as well as with friends and family.

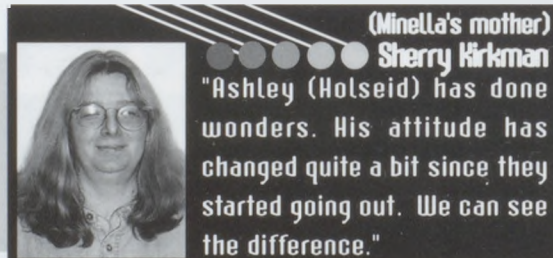
They went to movies, hung out at friends' houses, went to the mall and to family gatherings together. Minella went to Holseid's family Thanksgiving at her house, where he felt her family was very nice and welcoming. The pair enjoyed the day playing games with her family as well as enjoying a hearty meal. Picking a Christmas tree was also an activity that the couple shared together.

Both of them said they were like family. They hung out at Holseid's house almost every day. Minella usually stayed the night at Holseid's house Thursday through Sunday. He had been staying there two weeks after they started going out. Minella started staying at Holseid's when Holseid's mother offered to let him stay the night after a late night of hanging out. Minella usually helped around the house by doing chores like taking out the trash. He was repayed for his work with delicious family dinners and rides from Holseid's mother to his job at McDonald's when he needed one over the weekend.

Neither Minella's mother nor father had concerns about his second home in Holseid's bedroom, according to Minella. Minella's parents just asked that he made time for visiting them. Holseid's family considered moving in the future and if they did, Minella was planning on moving with the Minella family. If the move did come to play, Minella was promised to have his own bedroom in the new Holseid home. Holseid said that she hoped them moving in together would strengthen their relationship even more.



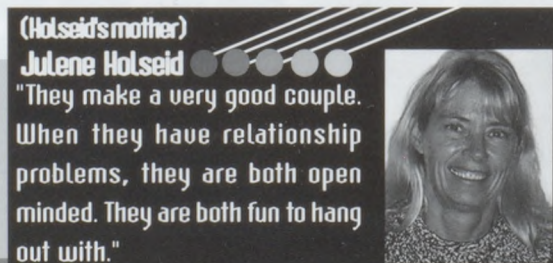
3.



(Minella's mother)

**Sherry Kirkman**

"Ashley (Holseid) has done wonders. His attitude has changed quite a bit since they started going out. We can see the difference."



(Holseid's mother)

**Julene Holseid**

"They make a very good couple. When they have relationship problems, they are both open minded. They are both fun to hang out with."





Ashley Meade  
Kayla Merrick  
Kevin Messmaker  
Matt Meyers  
Abby Miller  
Rachel Miller  
Tyler Miller  
**Vic Minella**

Jessica Mitchell  
Tim Monkhouse  
Megan Moore  
Abby Morris  
Elise Mullen  
Kari Neal  
Krista Nelson  
Matt Ness

Holley Nicodemus  
Mick Noble  
Allison Norelius  
Robyn Norris  
Brady Nurse  
Ryan Olney  
Jeffrey Orr  
Peter Ostiguy

Dan Ostrom  
Lindsey Oviatt  
Carley Paul  
Jessica Peiffer  
Sarah Peppmeier  
Christian Perez  
Jenna Petersen  
Nathan Peterson

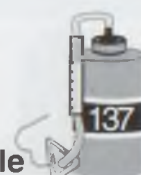
Kyle Phillips  
Zach Piper  
Brandon Pruitt  
Andy Pullen  
Jesse Pullen  
Trevor Pullen  
Joel Quick  
Dan Rainer

Lindsey Ranney  
Spencer Reed  
Sarah Reese  
Libbie Reichling  
Jamie Reimann  
Jake Reiser  
Jenna Reiter  
Kaylee Richter

Riley Richter  
Guy Roberts  
Kourtney Roberts  
Sandra Rodriguez  
Justin Rol  
Steven Rood  
Daniel Rottenberg  
Kayla Russell

Joe Salvini  
Scott Sauber  
Stacie Schafer  
Keni Schroeder  
Sam Schroeder  
Nick Schumacher  
Ben Scott  
Michael Seibert

"I hate politics because I think that there shouldn't be a government. People should just be able to do what they want and if people really cared they'd protect themselves and each other."  
**Frank Bates, freshman**



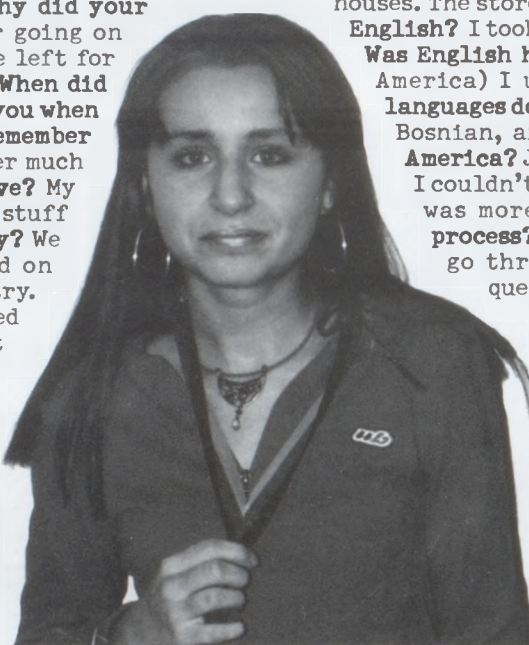




1. As a five-year-old, sophomore Samra Uzunovic plays with a hula-hoop at her kindergarten in Germany. The girl behind her was her best friend at the time, Kaltrina.
2. Out for the day with her mother Senada, 10-year-old Uzunovic rests on a fountain in Eichstatt, Germany.
3. Uzunovic visits her grandmother, who lives on a farm in Bosnia. They met for the last time in 1999, right before leaving for the U.S. Uzunovic was crying because it was the first time that she had seen her grandmother since she was a little girl and she knew they wouldn't meet again for a long time. *photos provided by S. Uzunovic*

## Samra Uzunovic: World Traveler *spread by Rebekka Broeker*

**Were you born in Bosnia?** Yes I was. **Why did your family leave Bosnia?** There was a war going on between the Serbs and the Bosnians. We left for safety. It was also risky to have a job. **When did you leave?** We left in 1992. **How old were you when you left?** I was four years old. **Do you remember much about leaving?** No, I don't remember much from when I was younger. **How did you leave?** My father was a taxi driver, so we got our stuff and just left. **Why did you go to Germany?** We drove around for a while and decided on Germany because it was a strong country. **What did you like about Germany?** I liked that school starts at 8:00 and gets out at 1:00. You have the same teacher for all of your classes, so you get to know your teacher. **What didn't you like about Germany?** They are kind of racist. Where we lived they didn't like immigrants very well. **What are some differences between Germany and America?** You don't pay taxes. The houses are farther apart and you have more land in between the



houses. The stores are different. **How did you learn English?** I took two years (of English) in Germany. **Was English hard to learn?** No, when I came (to America) I understood most of it. **How many languages do you speak?** I speak three—German, Bosnian, and English. **When did you come to America?** January 28, 2000. **Were you excited?** I couldn't believe we were leaving Germany. I was more sad, not excited. **What was the process?** It took two years and you have to go through an interview. They ask you questions like why can't you go back to Bosnia. **Did you know where you were going to live?** No, my mom knew. I knew that it was somewhere in the middle but I didn't know what the name was. **Why did your family decide to live in Iowa?** My mom has relatives here and in Nebraska. **What do you like about America?** You can get a job when you are 14 and you can get a permit when you're 14. In Germany it's 18.



(freshman)  
**Cassidy Williams**  
"It's cool to hear her talk in Bosnian. Someone called her one time from Germany and it was really cool to hear her talk in German. I had no idea what she was saying."

(junior)  
**Rachel Reed**  
"I think that it is interesting. It would be a big change (to come to America from Germany). I think that it is cool to experience a new culture and place."





Regan Seiler  
Hailee Severson  
Andrew Shields  
Carly Shingledecker  
Jonathan Shockey  
Nick Shoeman  
Ryan Sievers  
Liz Sigmund

Kelly Slater  
Ashley Smith  
Chelsea Smith  
Shayla Smith  
Richard Snyder  
Krysten Steen  
Evan Stone  
Aldina Sudic

Tian Sun  
Stacy Syroka  
Brandon Thompson  
Lauren Thompson  
Amanda Thrasher  
Matt Tiller  
Liz Timmins  
Falyn Tingley

Mary Tometich  
Lauryn Tosch  
Kristen Turnblad  
Brett Turner  
Erick Turpin  
Jake Tyler  
Brian Underwood  
Jessica Upton

Danielle Van Langen  
Joe Van Sickle  
Alexis Van Vleet  
Dustin Van Zee  
Emily Vander Ploeg  
Calvin Vernon  
Joey Verrant

Taylor Vestal  
Jessica Villegas  
Nathan Vorm  
Hunter Watkins  
Phillip Weathers  
Aly Welch  
Tiffany Wendel  
Jordan Wengert

Chelsea Wenndt  
Lauren Wenzl  
Jordan Wheeler  
Jaryd White  
Shaina White  
Charlie Wigger  
Brianna Wight  
Chelsea Wilkes

Brandon Will  
Ashley Williams  
Libby Wilson  
Steven Wilson  
Jenny Wu  
Soheila Yalpani  
Lucy Yao  
Lia Yoon



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**People**







1.



2.

1. Standing in front of the Linggu Temple in southern China, Zhong enjoys his vacation. He visited the temple when he was 13, during his third trip to China.
2. Zhong wraps a present for the upcoming Christmas season. Zhong's family delighted in celebrating American holidays as well as Chinese holidays, such as Chinese New Year and Moon Festival.
3. In his attempt to widen his knowledge of the Chinese language, Zhong studies his textbook. "Learning Chinese is fun because you get to learn another language and culture," said Zhong. *photos by K.Bosco, photo 1 provided by Zhong*

# Molin Zhong: Linguist

*spread by Kristin Boscaljon*

As the bell rings signifying the end of the day, students pour out of their classrooms and head to their lockers. For some, the end of the school day is the time to leave their worries behind them until the next morning. For others, however, the day is not yet over. This was the case of sophomore Molin Zhong.

Every day after school, Zhong went home and continued his education, but not in the traditional sense. For 40 minutes every weekday, and one hour on Saturdays and Sundays, Zhong studied the Chinese language and learned the culture.

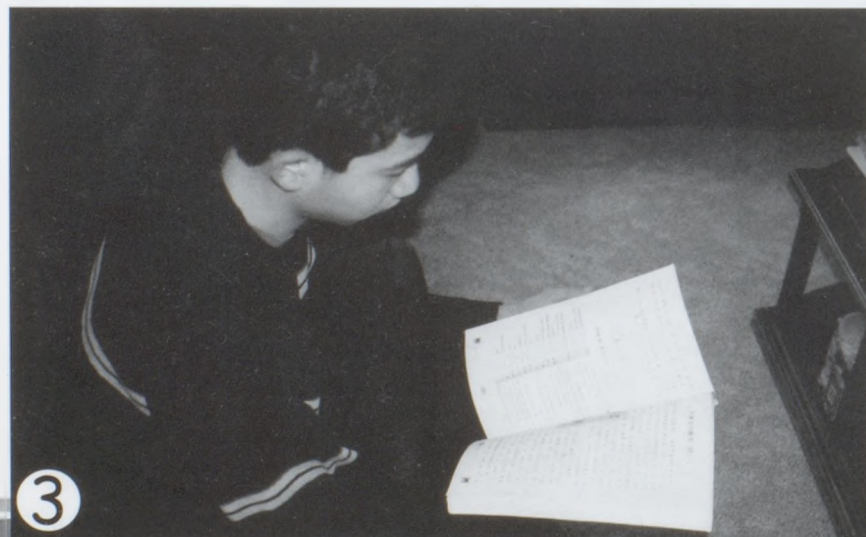
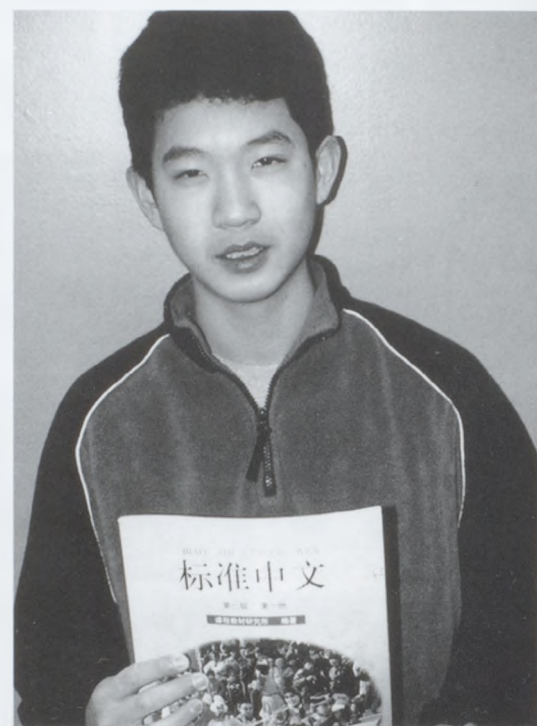
"I usually just teach myself out of the books," said Zhong. "If I have any questions I can go and ask my dad, and he helps me out."

For three years he attended Chinese School in addition to learning in his home. Chinese School was held at Johnston High School on Sunday afternoons. According to Zhong, after a while his parents felt it would be better if he terminated his Chinese schooling, but that he continue to learn the language in his home environment.

Zhong's parents originate from China. They both came to America to continue their college education, and it was there that they met. Molin visited his extended family in China three times. Usually his visits were during winter break and they lasted for a month. His last trip there was in 2001. Zhong was born in California, but moved to Iowa eight years ago.

It was important to Zhong's parents that their children could speak their native language. Both Zhong and his 7-year-old sister, Amy, were expected to speak in Chinese when they were talking to their parents. "Whenever my friends come over, they think it's funny, and they always ask me to say a bunch of things in Chinese for them," said Zhong.

Learning two languages was not enough for Zhong. As a sophomore, Zhong also was enrolled in French III and planned to continue on to Advanced Placement French his senior year. Zhong didn't feel that being trilingual made him different from anyone else. He just viewed himself as a normal teenage kid.



3.

(sophomore)  
Evan Stone



"Usually when we're hanging out, we ask Molin how to say certain things in Chinese. He always tells us, and it takes me forever before I can finally pronounce it right."

(sophomore)  
Trevor Pullen

"Sometimes I hear him talking on the telephone with his mom, and I think it sounds really funny. But it's cool that he knows Chinese because he taught me how to write my name."







Ashley Zenor  
Xian Zhang  
**Molin Zhong**  
**Freshmen**  
April Adams  
Stefan Adams  
Taylor Adams  
Chris Ajluni  
TJ Anderson

Tyler Anderson  
Courtney Badgley  
Aaron Bailey  
Bryan Baker  
Trevor Baker  
Erin Ballard  
Brent Barz  
Rachel Bassell

Frank Bates  
Chase Baumgartner  
Frank Baxter  
Chelsey Beason  
Ashley Bedord  
Brandon Behanish  
Josh Belner  
Trent Belz

Megan Bendixen  
Matt Bengtson  
Nils Berndt  
Annette Beswick  
Sam Bjorholm  
Joelle Blanchard  
Sarah Blume  
Kodi Bockenstedt

Brian Bohall  
Steve Bougher  
Scott Bower  
Krista Bowers  
Abby Bowman  
Sarah Brown  
Alexis Buchanan  
Sarah Buchholz

Jonathan Bunting  
Matt Burch  
Alison Burns  
Lewis Butts  
Scott Byrd  
Danny Cahill  
Sean Caligiuri  
Matthew Carlson

Chris Carter  
Micah Casey  
Carmi Castellano  
Lindsey Castellano  
Joe Cate  
Tyler Caulfield  
Brandon Chambers  
Josh Chambers

Ri Chan  
Alex Christensen  
Kevin Christopher  
Cassy Clark  
Kaitlin Clark  
Susan Clausen  
Patrick Cloyd  
Scott Clyce

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**People**







1



2

1. Emily plays with her brother, Louie, after being changed into his pajamas and before he was put to bed. Emily helped her mom get him ready for bed by changing him into pajamas and feeding him his bottle.

2. Emily talks to her friend, freshman Lydia Givens, on the phone. Emily speaks more than usual on the phone because she can not see her friends as much as she would like since Louie came into her life.

3. Louie tries to pet Flash, the Conn's eight-year-old family dog, as Kathleen holds him. Louie was fascinated by him, even though the dog was never really interested in Louie.

photos by Nathalie Hurm

## Emily Conn: Big Sister

spread by Nathalie Hurm

Sitting at the kitchen table, freshman Emily Conn and her brother, Daniel Conn, were shown ultrasound pictures by their mother, Kathleen Conn, during the first week of Sept. 2002. Emily asked if it was her when she was little. Her mother answered no, then Daniel asked if it was him, and she again answered no. Emily thought for a couple minutes and realized that her mother was pregnant. "Emily was so happy, she started to jump up and down when she realized that she was going to have a new younger sibling," said Kathleen.

Louie became the newest addition to the Conn family on Jun. 10. Emily had always hoped for a little sister, but instead she got a brother. However, she was still happy to have Louie as well as everyone in the family and the neighborhood. "All of the girls in Daniel's class would come to the door and ask to see Louie when he first got home from the hospital. It seemed to me that they were more excited to see Louie than to see Daniel," said Kathleen.

As expected, there were a lot of adjustments for Emily having a new baby in the house. She still did the things that she used to do before Louie came. "I still get to go hang out with my friends, but it may take a while to get there because my mom has to juggle a couple things around, like taking care of Louie and doing other household things," said Emily.

Also, Emily helps out with things like laundry, washing dishes, watching Louie and other household chores. "Emily is such a great help and she is really good with Louie. She is willing to help with anything that is needed to be done," said Tony Conn, Emily's father.

Every member of the family found themselves laughing at little things, like when Louie got his first tooth. They liked watching him play with his toys and doing new things, like sitting up. The whole family was so glad that Louie was doing a bunch of new and interesting things, and that he was advancing and able to maneuver around the house.



3

(freshman)  
Sarah Blume



"There is really no change. We can still do things as much as before Louie came. Some nights we can't do things, but that will happen."

(freshman)  
Justina Mazza

"It is not really that hard because I think her mom is more lenient since Louie was born and lets her do more things than before."







Cole Cochran  
Tabatha Conger  
Emily Conn  
Lindsey Cosgriff  
Collin Coughlon  
Justin Cronin  
Scott Cronin  
Michelle Cross

Griffin Crowder  
Brittany Curtis  
Jacob Curtis  
Amber Davidson  
Abby Davis  
Nicole Davis  
Stephanie Davis  
Teresa Davis

Megan Delanoit  
Heather Dell  
Maggie Denison  
Austin Denny  
David Derry  
Kiley Dewhurst  
Shawn Dickerson  
Ryan Dickey

Kyle Dickinson  
Dustin Dilks  
Grant Dippold  
Levi Dolieslager  
Dustin Dornbrack  
Jordan Dorrian  
Michael Dutcher  
John Dzubak

Erica Eaves  
Zachary Eden  
Taylor Egly  
Connor Elmitt  
Gray Emmerson  
Ashley Erickson  
Travis Fagen  
Josh Fassler

Danielle Finley  
Danny Fitzgerald  
Scott Fluegel  
Tyler Foster-Stavneak  
Silvia Fouch  
Larissa French  
Tana Friesth  
Casey Frisk

James Frizzell  
Sarah Froehlich  
Matthew Gearhart  
Brad Gibson  
Lydia Givens  
Tim Glass  
Alison Glenn  
Meredith Goerd

Austin Golightly  
Josh Gowdy  
Taylor Gowy  
Ashley Grant  
Devon Greer  
Taylor Grieve  
Abby Gumina  
Alexander Guns

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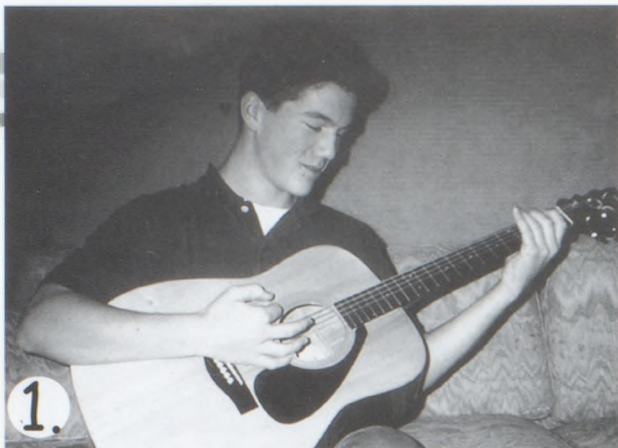
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People



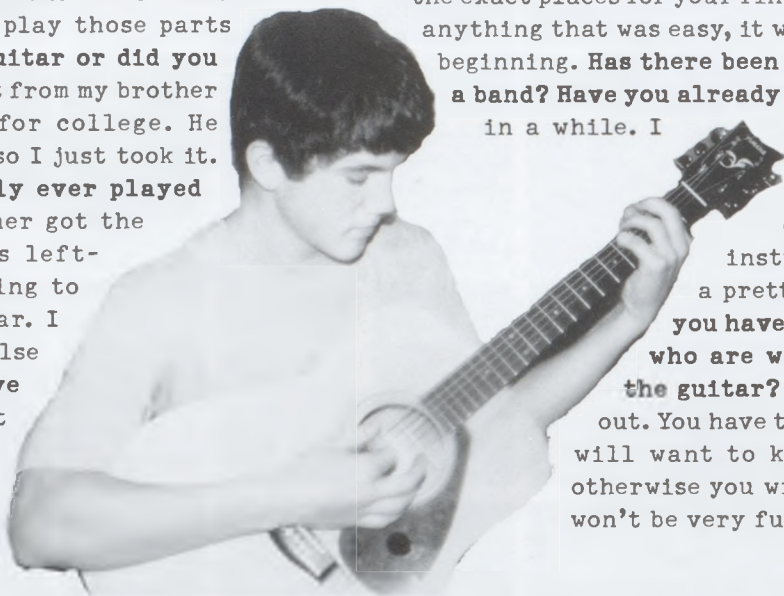




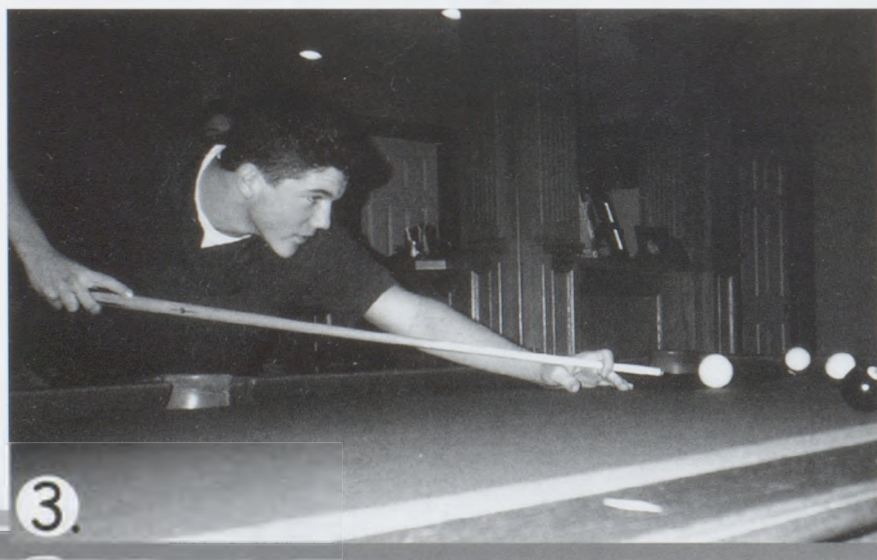
1. Stringing his chords together, Kohles works on getting his fingers in the right place at the right time. Kohles found it helpful to move his eyes from his right to left hands to lower the probability of hitting the wrong note.
  2. Strumming the strings, Kohles warms up. Kohles said that when he played the chords it was fun, yet boring because he played them a lot.
  3. Kohles lines up for a shot while playing a game of pool. Kohles and his friends enjoyed playing pool along with busting out some chords and songs on their guitars.
- photos by Stacie Schafer*

## Ben Kohles: Guitarist *spread by Stacie Schafer*


**What made you want to learn to play the guitar?** When I started listening to a lot more music, the guitar parts began to stick out a lot more. I just wanted to be able to play those parts myself. **Did you buy the guitar or did you receive it as a gift?** I got it from my brother when he left the house for college. He couldn't take it with him so I just took it. **Has anyone in your family ever played before?** Kind of. My brother got the guitar as gift and he is left-handed so he gave up trying to play a right-handed guitar. I don't think that anyone else has, though. **How long have you been playing?** Just about a month. I have learned a lot of the main stuff and I'm slowly learning more chords, notes and stuff like that.



**What was the easiest and the hardest part of learning?** The hardest part was learning where the notes are and the exact places for your fingers. There wasn't really anything that was easy, it was all pretty hard in the beginning. **Has there been any interest in starting a band? Have you already started one?** Yeah, maybe in a while. I haven't learned too much yet so probably when I get better I will. Some of my friends play other instruments so we could have a pretty good band someday. **Do you have any tips for other people who are wanting to learn to play the guitar?** You just have to stick it out. You have to find a motivation so you will want to keep practicing because otherwise you will see it as a drag and it won't be very fun to practice and play.




(freshman) **Kyle Thomann**



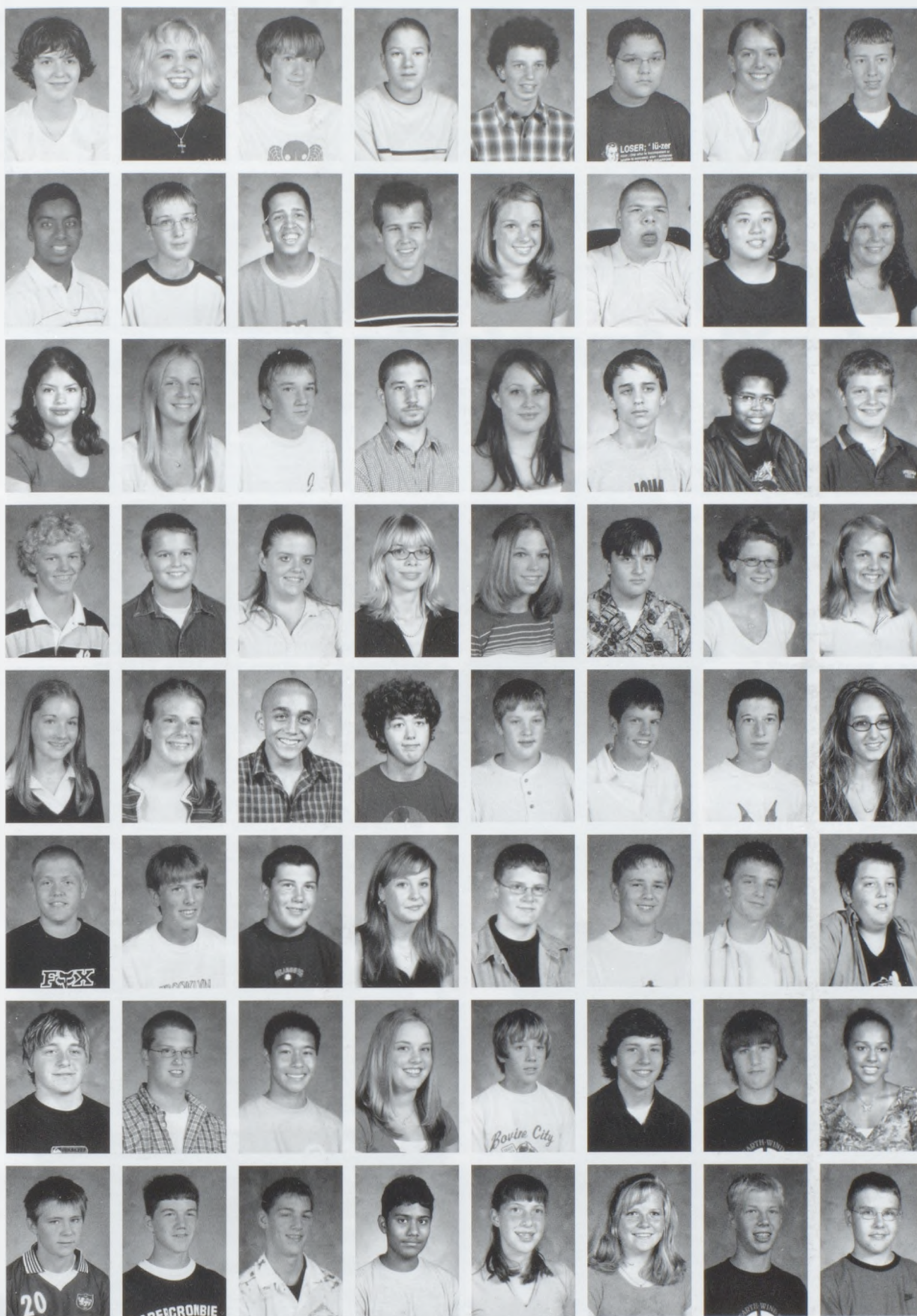
"Ben (Kohles) is really outgoing and very notorious and when you're watching him it's really fun. He's very funny and he likes to constantly joking around."

(freshman) **Danny Cahill**



"Ben (Kohles) is a really funny guy. He likes to joke around a lot. It's really cool that he's starting to learn how to play the guitar. We usually play when we get together."





Traci Gwinn  
Jennifer Hahn  
Dan Haight  
Daniel Hall  
Paul Halterman  
Nick Hamilton  
Carly Hammer  
Brenton Hankins

Ethan Hansen  
Jon Hansen  
Zachary Hansen  
Joseph Harcharik  
Rhianna Harm  
Clayton Harris  
Amanda Hatfield  
Anne Hayward

Lisa Heath  
Becky Heffling  
Greg Hefner  
Luke Hernandez  
Tiffany Hess  
John Hill  
Robert Hill  
Jonathan Hoffman

Jordon Holcomb  
Michael Hols  
Crissy Hon  
Felicia Hoover  
Heather Hoveland  
Brandon Howe  
Katelyn Howe  
Kathryn Huen

Emily Hurm  
Kelsey Hyde  
Reidy Ingram  
Jeremy Irwin  
Matthew Janes  
Ross Jennings  
Andrew Jerden  
Alexa Johnson

Jeremy Johnson  
Kellen Johnson  
Nicolas Johnson  
Samantha Johnson  
TK Kanauss  
Rasmin Keco  
David Keenan  
John Kennedy

Bradley Kern  
David Kerns  
John Kimball  
Kadi Kimble  
Joshua Kintz  
Nicholas Kirkhart  
Luke Knee  
Elizabeth Knoll

Logan Koch  
**Ben Kohles**  
Derek Kohles  
Siddhartha Kollipara  
Kelsey Kovacevich  
Kelsey Kramer  
Justin Krull  
Bryce Kubik

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People







1. Freshman Hannah Levine lays beads with 3-year-old Mackinzee Laughlin, her babysitting charge, as they create bead art together. Levine is a regular baby-sitter for the Laughlins.

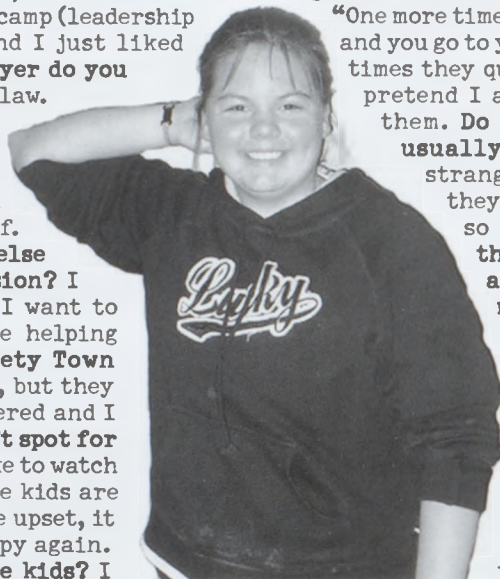
2. Helping Laughlin choose her beads, Levine shows Laughlin what the bead art will look like when finished.

3. Listening to the lawyers speak, Levine reviews the notes she has taken during mock trial. For freshmen, it was imperative they took notes in mock trial, so that they could catch up to everyone else. *photos by Christopher Jameson and Stacie Schafer*

## Hannah Levine: Miss Congeniality

*spread by Chris Jameson*

What do you want to be when you get older? A lawyer or a teacher. What makes you drawn to a lawyer? It seems interesting. I don't understand law, and it makes me curious to learn more. When I went to camp (leadership retreat), they had a mock trial, and I just liked seeing the lawyer. What kind of lawyer do you want to be? I want to be in family law. Criminal law would be kind of scary. I want to have a family, and I don't want my family in fear. I just want to help the family out and keep them safe from abusive parents and stuff. Have you thought about anything else you might like to have as a profession? I like being around kids. Right now I want to become a kindergarten teacher. I like helping people learn. Have you been a Safety Town instructor? I was supposed to be one, but they told me too many people had volunteered and I couldn't do it. You seem to have a soft spot for kids. Why? I just like little kids. I like to watch them. As I got older, I realized little kids are happy all the time and when they are upset, it doesn't take them long to become happy again. Do you do anything else with little kids? I



baby-sit. What do you do when the kids misbehave and are being delinquent? I usually give them warnings. I give them more warnings than I should. I usually say "One more time. This is your last warning. Do it again and you go to your room." Usually after a couple more times they quit. Sometimes I pick up the phone and pretend I am calling their mom and talking to them. Do you baby-sit for the same families usually? Since I moved, I am still meeting strangers. I have a couple I usually do, but they have more than one baby-sitter as well so they don't always call me. Have you thought about working for a day care as a profession as since you like kids so much? I thought about day care as a job, but I don't think I would want to do that. I don't think I can handle a room of kids crying. I would be overwhelmed. So would I. I went to a day care for a couple of years as a kid. It wasn't that great, but I kept going because I liked the people who worked there. It was like having a second family. I didn't prefer to be there, but it didn't bother me.



(Freshman)

**Kathryn Huen**

"She is really patient and can always understand what kids want and what they can do. She is very loving with little kids. After you get to know her she really opens up."

(ELP teacher)  
**Sue Cline**

"She has a great sense of humor. She can laugh at herself when she makes mistakes, like when she stapled her pants together after they ripped. She couldn't stop laughing."







Emily Kuster  
Tyler Kuster  
Alison Langston  
William Lanning  
Alix Lapole  
Vincent Larson  
Elizabeth Lawrence  
Samuel Leahy

Aaron Lehman  
Gabriel Leitner  
Chris Leslie

**Mannah Levine**  
Blake Lewis  
Nathan Lockner  
William Lowe  
Amanda Lower

Kathryn Luksetich  
Lindsey Mabe  
Amiri Malic  
Jason Mann  
Meredith Manning  
Sasha Manson  
Leah Marquis  
Kevin Marvin

Alison Maurer  
Justina Mazza  
Juliana McCoy  
Kyle McDowell  
Mallory McKinley  
Grace Meiners  
Ryan Merideth  
Michael Merrick

Joshua Merritt  
Laura Messerly  
Jacob Meyers  
John Miller  
Nathan Morales  
Erik Mortens  
Sarah Mueller  
Hillary Mumma

Jeremy Mundel  
Lance Nail  
Bradley Nelson  
Andy Ness  
Khanh Nguyen  
Carissa Niederkorn  
Addison Nielsen  
Troy Nielsen

Shawntel Noel  
Andrew Nordhus  
Nathan Nuzum  
Shannon O' Connor  
Emily O'Keefe  
Emma Oeltjenbruns  
Matthew Ogren  
Jordan Olson

Jamison Osborne  
Zlatan Pajser  
Sarah Parks  
Joseph Pavelka  
John Peitzman  
Samantha Pessolano  
Jacob Pfundheller  
Corey Pierce

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1



2

1. Joel and Neal wait in line for breakfast together at the school. They usually ate breakfast in the cafeteria.
2. Preparing for finals, Joel dices up eggs in Family Consumer Science. Both Joel and Neal were in Family Consumer Science, but they took it during different periods.
3. Working in keyboarding class without his brother, Joel finishes a daily assignment while seated next to freshman Casey Randel. *photos by Lindsey Lockner, Tyler Swett, and Nicole Jansen*

# Joel Rydberg: Twin Trader

spread by Nicole Jansen

The unique thing about being an identical twin is that you can switch places. This meant that freshmen Joel Rydberg and his twin brother, Neal Rydberg, could try to trick their teachers, friends and family into thinking they were their identical sibling.

Joel felt that one advantage to being a twin, was that it gave him someone to talk to and to spend time with. Neal added that it is always nice to have someone to talk to and cheer you up when you are down. Being a twin also had it's disadvantages, one being that the other would always be there and you had to share everything with them.

Being identical helped with playing tricks on people. Joel and Neal liked to pretend to be each other. They would play the switch on their parents, friends and teachers. They had only been caught once and that was by their mom. "She didn't do anything. She thought it was funny," said Joel. They also used this technique to get the other in trouble. Joel said, "Neal just broke something and they thought it was me so I got in trouble."

However, if there was a problem with looking the same, it would be that it was hard for people to tell the difference between them. Joel said it made him feel bad sometimes but by now he's used to it. The only way to tell the two apart, is that they each have a mole above the lip, but Neal's is closer to his nose. Even his parents used to have a hard time telling them apart. Their mother, Beth Rydberg, says it's not that hard to tell them apart anymore. "I'm their mom, I just know," she said as she laughed. According to her, their voices were also different.

The way that their older sister, Kate Rydberg, told them apart was by their personalities. "Joel is usually the one who punches me in the arm when I'm getting ready to leave to go back to college, and Neal will give me a hug," said Kate.

Both agreed that there are some good things and some bad things about being twins, but neither would trade it for the world.



3

(freshman)

Whitney Wall

"At first when I met them they were together and I had a hard time telling them apart. Since I have known them for a while it has become a lot easier."

(sophomore)

Erick Turpin

"A couple of summers ago at church, they used to try to play the switch on me, but now they can't because I have learned how to tell which one is Joel and which is Neal."







Chris Pilkington  
Colby Ponx-Green  
Klay Queck  
Jay Quick  
Ryan Randazzo  
Casey Randel  
Jeff Rasmussen  
Charles Ray

Eric Reese  
Adam Richards  
Topher Riddle  
Jasmine Riley  
Arthur Robinson  
Antonio Rodriguez  
Ricky Rodriguez  
Emily Roeser

Danielle Rowen  
Julia Rude  
Anne Ruebelke  
Keriann Rupp  
**Joel Rydberg**  
Neal Rydberg  
Ron Saf  
Emeri Sams

Makea Sanders  
Amy Sassatelli  
Angela Schaefer  
Christine Schempp  
Rebekah Schnackel  
Christopher Schnell  
Nick Scholten  
Matthew Schultz

Sarah Schultz  
Thomas Schweitzer  
Dane Seaberg  
Emilie Seda  
Nick Sedgley  
Gabriel Sellers  
Todd Sexton  
Tyler Shannon

Ocean Sheriff  
Michael Skeens  
Michael Slusark  
Amela Smajlovic  
Brian Smith  
Cal Smith  
Michael Smith  
Todd Sonner

Clayton Spiece  
Benjamin Sprinkle  
Eric Stodola  
Rebecca Stoeker  
Kathryn Stoen  
Gus Stoy  
Austin Strawhacker  
Kristen Strawhacker

John Streeter  
Thomas Stroud  
Abbie Sullivan  
Abbie Symonds  
Sarah Taylor  
David Temple  
Kyle Thomann  
Claire Thompson

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meeting at... Crown Point Community Center

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6300 Pioneer Parkway, Johnston. Sunday 9:30AM

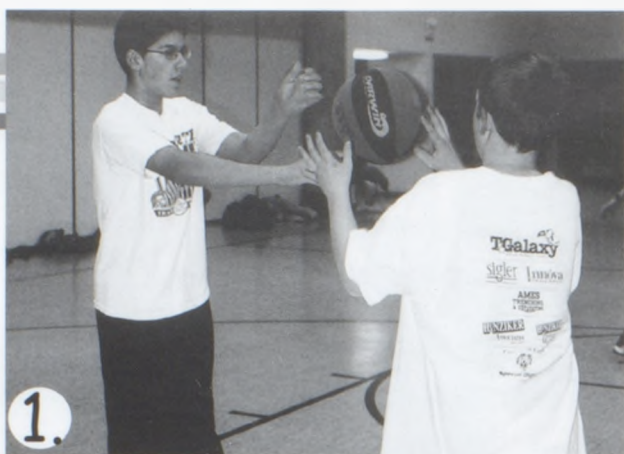
David Carnes- Minister

515-991-6062

People







1. In mid-pass, Vardaxis and sixth grader Chris Dockum play a game of scrimmage with the team on Dec. 15. While working on defense, Vardaxis taught the kids how to correctly aim for the hoop on defence.  
2. In a full court scrimmage, Vardaxis, Robby Rissimen and Tyler Muscovitz work a game situation.  
3. Vardaxis tries to get the ball up in the air for a jump ball with a pack of sixth graders all over him (Hunter Dickenson, Dockum, Erik Burgensen and Rissimen). Vardaxis said, "It makes me laugh when they all try to get the ball from each other." photos by Amanda Kennedy

## George Vardaxis: Referee

spread by Amanda Kennedy

Basketball has been freshman George Vardaxis's passion since he was in third grade and living in Bloomington, Indiana. With his knowledge of basketball, he wanted to help younger kids understand the game and improve their skills. George said, "I didn't want to play because I wanted to get a feel for the school. I thought that basketball was not my sport as a team thing. I don't think that I'm good enough to play on the school team." However, George still wanted to be involved, so he asked the coach of a sixth grade basketball team if he could volunteer to help with practices. The coach accepted his offer, and George was assigned to help with his brother Petros's team.

"I had no idea that I was going to be on my brother's team. I asked a coach if they needed any help and he told me that they did. (The coach) said he needed help every Saturday morning for the game," said George.

George assisted at the team's practices at Wallace Elementary School every Monday night for an hour. He would take groups of kids aside and teach them how to do lay-ups, spot-shots and basic techniques. On Saturdays, he refereed his brother's games at Horizon Elementary.

"I like it (coaching) because I can teach my brother to do different things in the game of basketball. I like to teach him to love the game of basketball," said George.

Petros also began playing basketball when he was in third grade. "He (George) is really helpful. He subs in (during practice) and he points out things that are wrong," Petros said.

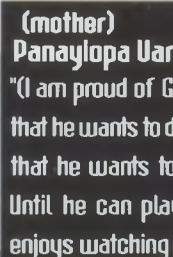
George and Petros didn't practice at home together due to the lack of basketballs at their house. Even though that was a challenge for them, both improved upon their game. Petros made progress with his inside shots, and George's love for the sport grew through volunteering.



(father)

**Vassilios Vardaxis**

"I think it is very good he has played the game so he knows what to teach. He can apply himself to the children. He has made a lot of progress in basketball."



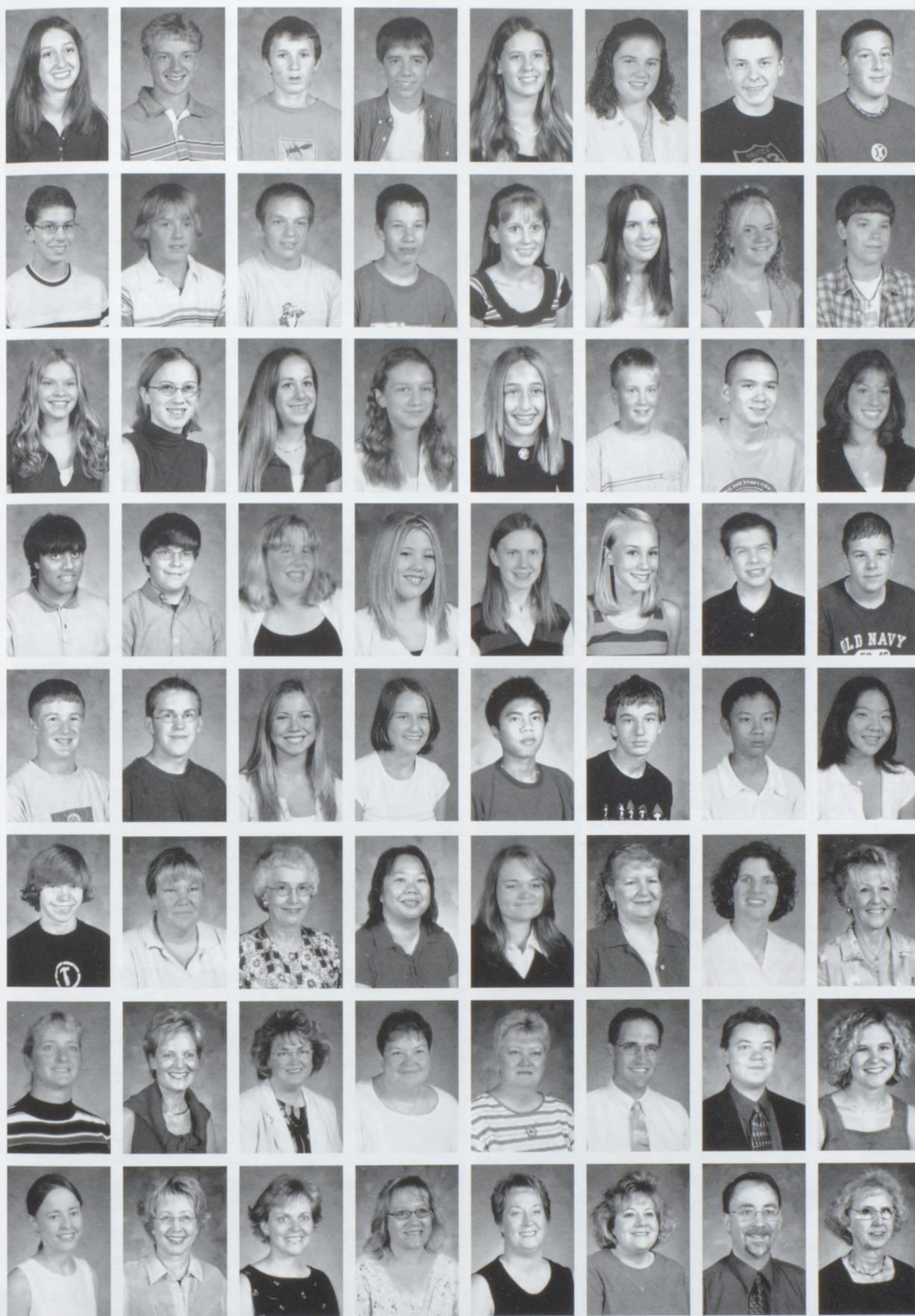
(mother)

**Panaylopa Vardaxis**

"(I am proud of George for) the fact that he wants to do volunteering, and that he wants to do it on his own. Until he can play on a league, he enjoys watching basketball."







Sarah Timmons  
Eric Tubbs  
Joshua Twinn  
Zackary Tyler  
Amanda Ufheil  
Brianna Upton  
Matthew Van Gundy  
Brandon Van Vleet

**George Vardaxis**

Cody Verhuel  
Logan Volz  
Mark Voyek  
Hannah Wagner  
Whitney Wall  
Michelle Ward  
Austin Warren

Erica Warren  
Alycia Waterman  
Alicia Watrous  
Erica Weirich  
Heather Wendel  
Blake Wheeler  
Jonathan White  
Lauren Whitney

Saliya Wijeratne  
Thor Wiljanen  
Dawn Wilkens  
Heather Will  
Cassidy Williams  
Jenalee Williams  
Michael Williams  
Preston Williams

Christopher Williamson  
Steven Williamson  
Rachel Winterbottom  
Jennifer Winzenburg  
Kimhant Wiratsorn  
Michael Wright  
Patrick Xu  
Julia Zhang

David Zorn  
Staff  
Heather Adair, Special Ed  
Jeannette Babcock, Library Media  
Chanhom Baccam, Special Ed  
Tonia Backous, Special Ed  
Susan Baker, Counselor  
Debbie Banashek-Cole, English  
Pam Barnes, Spanish

Chris Beguhn, Science  
Cheryl Berglund, English  
Vickie Borich, Mathematics  
Susan Boyle, French/Spanish  
Judy Briles, Assoc. Principal Sec.  
Erik Brincks, Science/Math  
Brenton Brown, Vocal Music  
Sarah Brown Wessling, English

Le Ann Burkle, Mathematics  
Phyllis Caswell, English  
Kristen Chipps, French  
Teri Christensen, Special Ed  
Susan Cline, E.L.P.  
Kelly Coleman, Social Studies  
Mark Crady, Associate Principal  
Cookie Cranston, LMC Associate

"I think that ultimate frisbee should be made into an Olympic sport, because I feel that it has all the things a sport needs; teams, a round thing you throw, running and it's fun to the ultimate." **Duncan Skinner, senior**



People







1. The year Michael moved to Childserve, Schlatter spends time with Michael at Saylorville lake, on Father's Day 1997.
2. Michael sits on the edge of the pool with his feet in the water laughing with his dad. The family celebrated July 4, 1995 at an old friends' house.
3. Spending Christmas at home with the family, Michael sits at the kitchen table. Michael got to spend the night at home over Christmas break. Schlatter said he enjoyed spending time with Michael, but it could be frustrating at times. *photos provided by Schlatter*

# Steve Schlatter: Father

*spread by Afton Simpson*

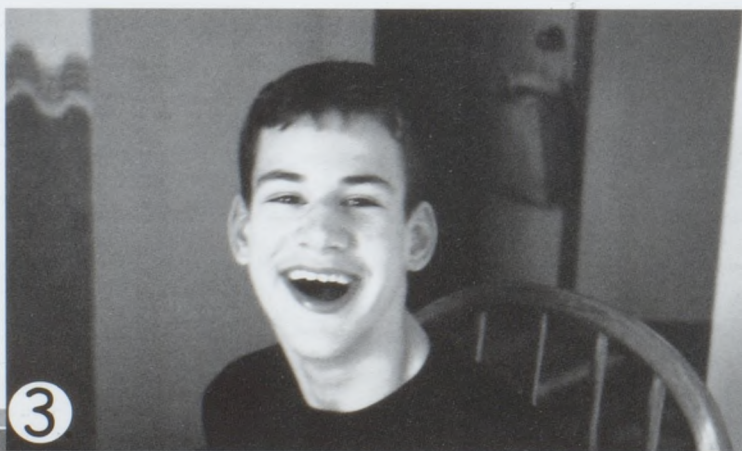
You may only know associate principal Steve Schlatter as the guy you have to go to get your cell phone back when you get it taken away for ringing in class. The story you haven't heard, however, is that Schlatter is a father of three.


Schlatter and his wife, Ronette, have three sons: Michael, age 12, Andrew, age seven, and Caleb, age five. Their oldest son, Michael, lives at the Convalescent Home for Children, called Childserve, in the Ankeny residence. Michael has lived at the Ankeny house since May of 1997. Michael was diagnosed with developmental delays at age one. There had been no cause found as well as no treatment. Despite this, Michael's brothers have still been able to have a relationship with him.

"As they get older (Andrew and Caleb), get more involved with Michael by taking on the big brother role or care taker role. They will help Steve and me out by bringing him stuff. They can tell when he needs or wants some thing and they will get it for him," said Ronette.

Even though his son lived in Ankeny, Schlatter still found time to see him. He saw Michael on Sundays and Wednesdays. He picked him up on Wednesday nights around 5:30 p.m. and took him home to have dinner with the family. After they were done with dinner he got to hang out with the family until approximately 8:30, when Schlatter would take him back to his group home. "It is very natural like most fathers and sons. Michael is definitely a daddy's boy. When Steve walks in the house Michael gets a big grin on his face," said Ronette. "Steve just adapted, where he would go outside and play ball with Andrew or Caleb. Steve would wrestle around with Michael, Michael loves to wrestle or Steve will sit in the swing with him or they will go on walks together. He always finds a way. It is always natural with the two of them."

With all of Schlatter's responsibilities at school, he still found time to spend with his family, whether it was going to an Iowa football game with Andrew and Caleb, or just hanging out around the house with Michael.






(son)  
**Andrew Schlatter**

"My favorite thing to do with my dad is to play football with him. I like to play in the backyard or go to Iowa games with him and Caleb. I also like going to basketball games."

(secretary)  
**Jan Ver Hoef**

"You can tell he is very dedicated to his family. He really enjoys talking about his sons Michael, Andrew and Caleb in the office with us."







Dale D'Iapico, Special Ed  
Dale Doudna, Counselor  
Lois Faley, Secretary Associate  
Kerri Faust, Special Ed  
Elisse Fialla, LMC Associate  
Martin Flaherty, Special Ed  
Russ Fortune, Special Ed  
Terry Frisch, Science

LaRon Garlock, Special Ed  
Rich Gradoville, Mathematics  
Terry Hatfield, Social Studies  
Stacia Hawkins, Special Ed  
Jessica Heidbreder, Band  
Pat Hennis, Social Studies  
Patrick Kearney, Music  
Dr. Jerry Kinder, Social Studies

Jill King, Special Ed  
Jason Kirkpatrick, Social Studies  
Amy Lane, English  
Ryan Mayer, Industrial Tech.  
Susan McCravy, S.T.A.R  
Marilyn Middleton, English  
Cheryl Miller, Guidance Sec.  
Jean Moffit, Associate Nurse

Kelly Neiber, Special Ed  
Diane Nelson, Special Ed  
Deb Nicholson, Physical Ed  
Jennifer Olden, ELL  
Norah Olguin, Spanish  
Laurie Olson, Spanish  
Cindy Partington, Social Studies  
Mike Partington, Science

Dan Petrak, Mathematics  
Adam Retzlaff, Mathematics  
Tara Roberts, Special Ed  
Alicia Rollison, Social Studies  
Jackie Sapp, Health  
Lunne Sater, Special Ed  
Dan Scannell, Special Ed  
**Steve Schlatter, Assoc. Principal**

Iris Scott, Counselor  
Jay Shackett, Social Studies  
Matt Shelton, Special Ed  
Connie Sivers, Fam. & Con. Sci.  
Chris Siewert, Science  
Steve Smith, Mathematics  
Lisa Stange, Fam. & Con. Sci.  
Jerry Stratton, Social Studies

Liz Sullivan, Sec. Associate  
Ashley Thompson, Special Ed  
Emily Timmins, Special Ed  
Brigid Townsend, Special Ed  
Michelle Tracy, Special Ed  
Wendy Vanderport, Special Ed  
Jan Ver Hoef, Pricipal's Secretary  
Beth Ward, Physical Education

Dan Weiss, Art  
Jody White, Vocal Music  
Ann Wiley, Instruction Resource Strategist  
Emily Zelenovich, English



T

After it reaches the brain, oxygen is put to good use...most of the time. Not only does our gray matter control every miniscule bodily function, it's also our central tool for learning (which is, after all, the purpose of school). As teachers fill our heads with tidbits of knowledge, the brain attempts to sort them out and store them where they may one day be recalled for some useful purpose. Oxygen allows the brain to act as our dispenser of creativity and our decision-maker. Highlights of the academic year included a new computer program that modernized the technology department, a special Read 180 class that attempted to improve reading proficiency rates, and the retirement of two members of the science department. As you go about balancing your crazy academic schedule, just remember to *breathe* and enjoy academics in alphabetical order. *spread by Woody Brenton, Stacie Bendixen and Alicia Corron*

With a fixed stare, sophomore Kevin Messmaker determines which one of his "wonderful pictures" he will be turning in for his Photo Art 1 assignment. Messmaker's appreciation towards good architecture inspired him to photograph cars and the Saylorville Lake dam. According to Messmaker, he signed up for Photo Art 1 thinking it would be an easy credit, and found it was. He also planned on taking Photo Art 2 the following semester. *photo by Brenton*

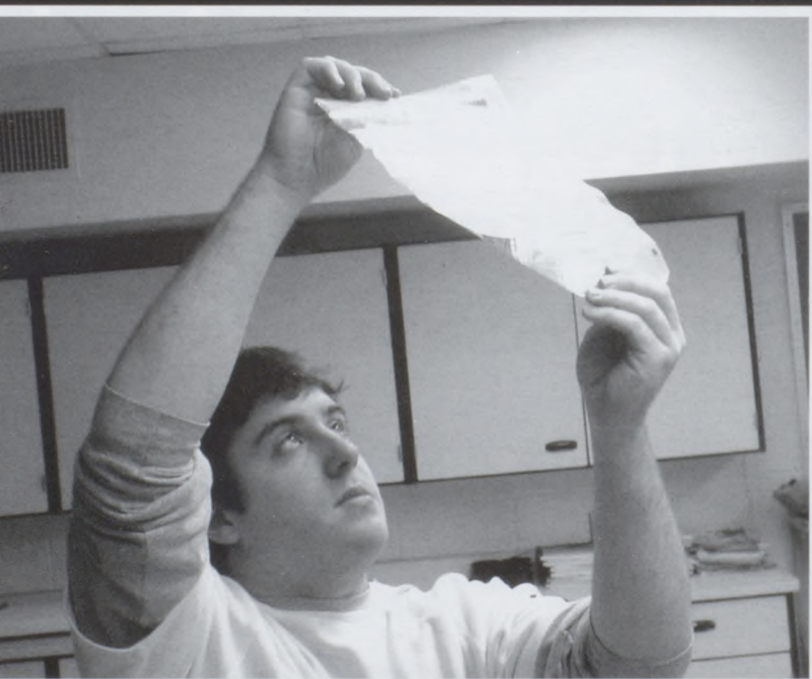
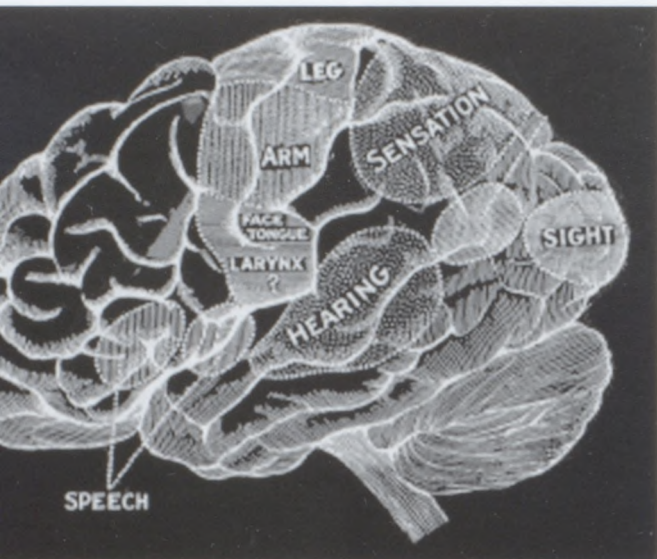
# Academics



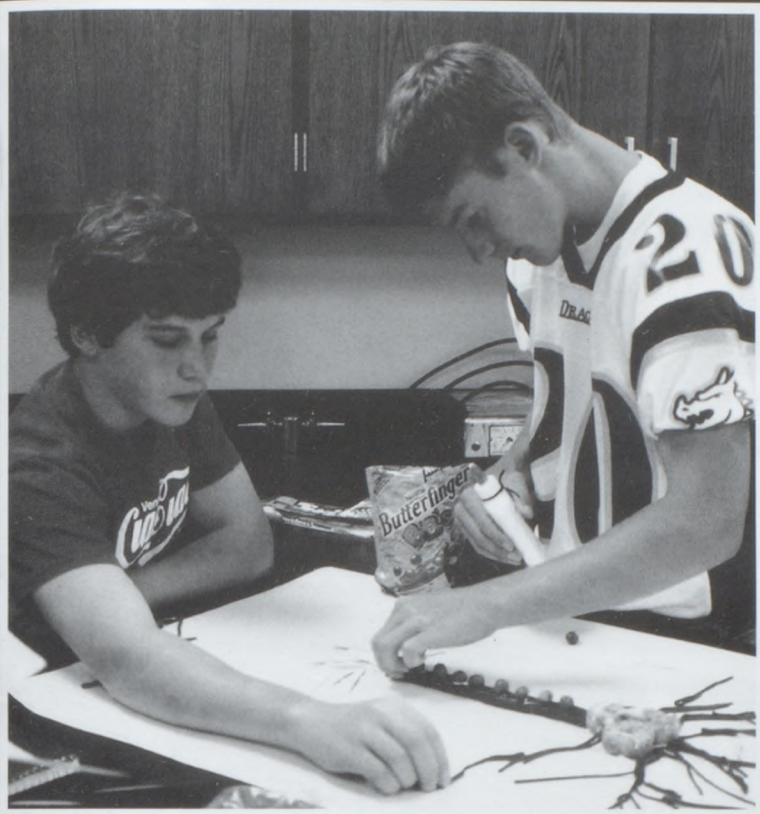
Divisions



# The Brain







With candy in hand, freshman Mike Slusark and junior Greg Olson attempt to build themselves an edible self model for Biology. The team started out with a bag of Reese's® peanut butter candies, but proceeded to eat the entire bag before even starting the project. "It was fun to be able to eat candy and work on a project at the same time," Slusark said. *photo by Alicia Corron*



Thanks to the mandatory safety goggles requirement, junior Henry Chavez's eyes are well protected as he builds himself a cupboard for his Carpentry 2 class. Along with safety goggles, students in carpentry were told to wear tighter fitting clothing as a necessary precaution, so the threat of apparel getting caught in machinery wouldn't phase them. Chavez took carpentry classes to get experience in the field, make friends and most of all have fun. *photo by Alicia Corron*



# Slicing Back Options

## Classes cut back by the administration

During the second semester five art classes were cut from the class list. Three that were not cut were Essentials of Art, Photo Art 1 and Photo Art 2. There were five classes removed from the class list. According to principal Bruce Hukee, the classes were taken away for three reasons.

One of the reasons why the cuts were made consisted of the low number of students signed up for the classes. Another reason was the administration decided not to offer it, according to Hukee. But overall, Hukee said that Daniel Weiss, art teacher, needed to have more time to prepare for his full class schedule.

Weiss felt he was constantly preparing his classes previously. "When I read a magazine, I don't read it for myself anymore. I read it for my students," Weiss said. He wasn't able to concentrate on himself because his thoughts revolved around his preparation and his students, according to Weiss.

Weiss's feelings on the subject were indifferent. The cut backs did not really affect him because what was important to him was that he came to school and did his job to the best of his ability, according to Weiss.

Students that had taken or were in multiple art classes were upset by the cutbacks in the classes. "I wanted to possibly take Design 1 but it was not offered when I wanted to take it," sophomore Chelsea Wilkes said. "I think it's dumb that they started taking stuff from the art department because there are other things to take money from. How is anybody supposed to learn about art and think outside the box if there aren't any art classes to teach that." *spread by Shaina White*



## Thoughts



"I feel (cut backs are) a foolish mistake. For some, art is really the only way to express what they feel or the only time they can create."

**Jennifer Rockwell '04**

"I liked taking Essentials of Art. It was a fun class. The only bad thing was the strict way Mr. (Daniel) Weiss grades our assignments."

**Cole Brackney '05**



"I think our school was taking something away that's important. All art classes are important because they teach you things about yourself."

**Regan Seiler '06**



**Academics**



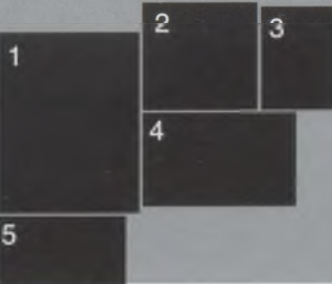
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Cutting out pieces to place in her photo collage, sophomore Mary McGarth works to complete her masterpiece. McGarth said the hardest part of photo art was when the teacher didn't tell them how to use a camera. She disliked how the teacher made them take pictures without the knowledge of how. The best part of class was taking random photos in the school hallways, according to McGarth. *photo by Shaina White*

Glancing at her photo negatives, senior Tanya Wagner picks which negative to print. According to Wagner, the best part of photo art was being able to make cool pictures and how to do different technics with the camera. Art teacher Daniel Weiss taught her to look at things differently and to think more about what you are doing, according to Wagner. *photo by Shaina White*

Sophomore Teile DeLaria constructs a coil form using clay. A coil form was a different way to produce clay pieces. DeLaria said the best part of clay was creating what you wanted, being able to use what you made at home and putting your hands into the clay. "I really liked the class (clay)," DeLaria said, "I wish it could be a block class." *photo by Shaina White*

Refining her 'rubbings' in drawing, junior FiFi Albathe perfects her idea. She said the best part of drawing was being able to apply her future plans to the class. Albathe got to draw abstract body parts in ink and pencil. She had taken Essentials of Art and Photo Art 1 previously. According to Albathe, Weiss had taught her to follow through with things until they are finished. *photo by Daniel Weiss*

Senior C.J. Goodwin replicates calligraphy in his Design 1 course. Goodwin attempted to mimic a copied piece of Barbara Bruene's calligraphy to see if he was writing it correctly. Bruene was a retired professor of the visual arts at Iowa State University. Calligraphy focused on artistic, stylized or elegant handwriting or lettering. *photo by Shaina White*

# KENNEDY'S GRAPHICS

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Art





# Ahead of the Curve

## New teacher gets taste of district future early

When business teacher Rod Wiebers took a job at Johnston, he knew that traveling would be involved. Wiebers didn't get to travel to exotic destinations or national conventions, but across the parking lot to the middle school. Splitting the day between two schools gave him a sense of what many teachers would face when the middle school became the 8-9 building.

The transition between the high school and the middle school presented challenges, Wiebers admitted, mainly social ones. "There's a big difference between the maturity levels, and some difference in the discipline policies between the two buildings," said Wiebers.

Wiebers also acknowledged that it made it more difficult for students to reach him. "I'm not available after school, because I coach sophomore football and basketball. Middle school students usually have to use the office to find me," said Wiebers.

According to freshman Lydia Givens, Wiebers was never hard to get a hold of because most of the work was done in class. However, she could see that it could be difficult for the middle school because he spent most of his time at the high school.

Despite the difficulties in being a teacher on the move, Wiebers felt that he was getting good experience for future years at Johnston as the district buildings change. "There's going to be a lot more traveling for everyone next year," said Wiebers, "but it won't be so bad in a few years because of the growth of the district." *spread by Stephanie Cameron*



## Thoughts



"He (Mr. Simpson) uses his experiences or analogies from his trucking company to teach the class (Law for Business)."

**Luke Miller '04**

"Mr. (Tim) Brickley makes it fun with all of his sarcastic moments. He is the only reason that I am in that class (Accounting 1)."

**Ashley Wheeldon '05**



"I'm interested in computers and I believe that the more I know about them and the more I use them, the more beneficial it will be in the future."

**Daniel Rottenberg '06**



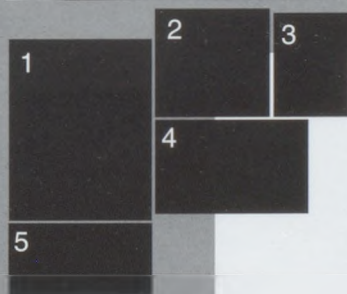
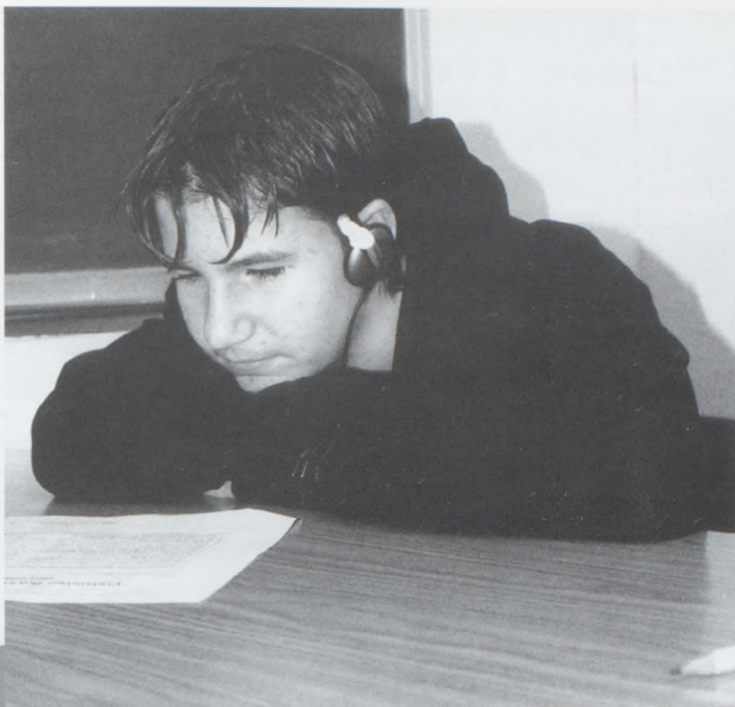
**Academics**



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Reclined back in her chair, freshman Alison Langston takes notes in introduction to business. Langston's favorite part of the class was the current events because of the variety of topics in the news, and she thought that they were fun to listen to. "I liked the way Mr. (Rod) Weibers taught because it was easy to understand where he was coming from," said Langston. *photo by Stephanie Cameron*

Freshman Jeremy Mudel leans forward on the table after finishing all of his work and relaxes until the class is ended by the bell. "I plan on taking lots of business classes so I don't have to pay people to fix the computers for me," Mudel said. He took the class to learn about business and for more career options after graduating from college. His favorite unit so far was bankruptcy. *photo by Kristin Boscaljon*

With a cereal box in his hand, sophomore Logan Derby works on his final in advanced computer applications. For the final, the class had to design their own cereal box. Derby said his was called Munchy Pebbles, and that the box was black with bright green writing. The back of the box contained a crossword puzzle. *photo by Stephanie Cameron*

Looking for advice, senior Jesse Johannesen turns around to ask fellow classmate, sophomore Josh Bowen, for help on the resume assignment. Johannesen took two business classes throughout his high school career. According to Johannesen, computer classes were good to take if that interested the student. *photo by Kristin Boscaljon*

A pow-wow in session, seniors Erica Geels, James Van Sickel and Geoff Herold help each other out on one of the weekly assignments. According to Geels, she took the class because her mom made her. She said it helped her to learn and know about keyboarding, word processing and Microsoft Word. *photo by Stephanie Cameron*

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# Read 180 Reactions

## Students debate being placed in new class

Some students were not proficient in reading on their Iowa Test of Educational Development exams, so the Read 180 class was formed to improve their skills. Once placed in the class, students had varied reactions.

Sophomore Abbey Gessmann found out that she could possibly be placed in the class when associate principal Steve Schlatter called her mother. Gessmann met with Schlatter the next day to discuss her options, which were to test out of the class or to try taking it. Gessmann figured out how to fit the block in her schedule and decided to try taking the class. "The first day was horrible. I knew I wasn't going to learn anything. I was upset," Gessmann said. After her first day Gessmann tested out and decided to take sophomore English instead.

Sophomore Amanda Kennedy had a similar reaction to being placed in the class; she was shocked and angry. Kennedy said she had a history of having troubles with test-taking, so she did not think Read 180 would help her. However, she decided to remain in the class and see how it would work out. After experiencing the class, Kennedy thought it was helping her with comprehension.

Not everyone debated leaving. When freshman Ocean Sheriff found out she would be placed in Read 180 she decided to stick with it, but said she didn't know much about it. Once Sheriff spent time in the class she found that it had a lot of good points. "It's an easy A and the class is small, so you get to know the people," Sheriff said.

Kelly Neiber was one of three teachers who taught the class. Neiber said that she saw improvement in the students' skills and said that there were "some kids who have gained some confidence in their skills." *spread by Sheena Wendel*



## Thoughts



"We get to write plays, fictional stories and poems in Creative Writing, which is more interesting than biographies or reports. I love that."

**Brittney Kronick '05**

"I liked *The Count of Monte Cristo* (Alexandre Dumas, World Literature). He was completely down and got back up by crushing people."

**Ben Langwith '05**



"The journalism final (creating a full newspaper page or yearbook spread) really gave me a good idea of what being in newspaper would be like."

**Lia Yoon '06**

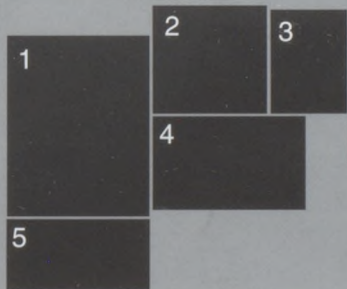
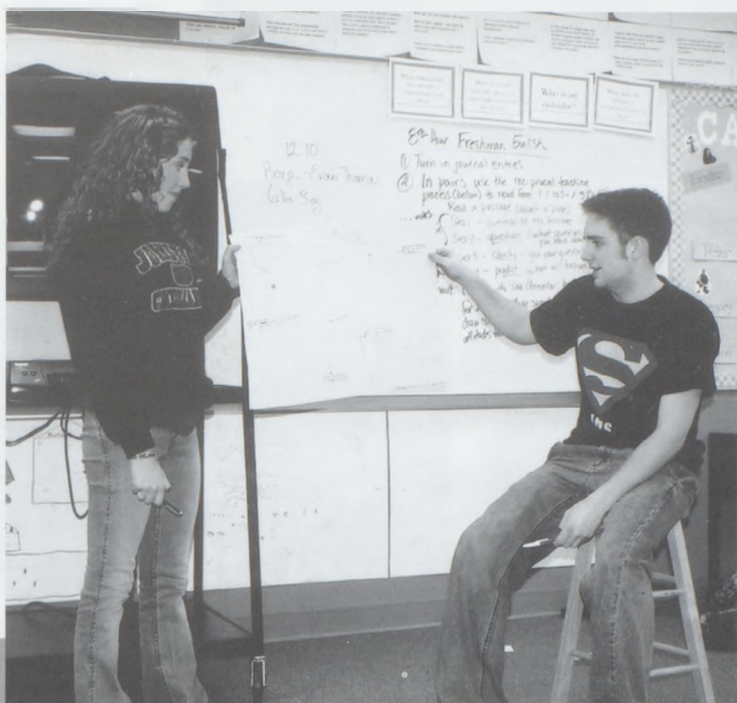


**Academics**

**Stella's**

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Freshmen Emilie Seda and Karissa Niederkorn prepare trail mix for their class while participating in Banned Books Week, which ran from Sept. 20-27. Their class participated by reading a banned book and preparing a project on it. Seda opted not to take the alternate Freshman English class, which did not include some of the books Seda's class read, because she did not have an issue with the debated content. *photo by Alicia Corron*

With their poster sandwiched between them, seniors Lindsay Gilbert and Jim Heldt present their concept map of the various themes found in Mary Shelley's "Frankenstein" to their Advanced Placement Literature and Composition (AP English) class. The class made concept maps by passing posters from one group to the next. Each group added information to what the prior group wrote, until the completed map was formed. *photo by Afton Simpson*

Addressing his class, sophomore Colby Elmitt uses his wardrobe to emphasize his point in speech class. His speech was over how he felt the Miss America pageant was sexist, so Elmitt said he wore a dress "to get laughs from the class." Elmitt's mission was successful, as he said the class found him to be very humorous. *photo by Steven Iles*

Junior Henry Chavez lays back and relaxes in his Read 180 class. Chavez was listening to Gary Paulsen's "Soldier's Heart" as he read along to the text during the independent reading portion of the class. The class rotated between three stations: computers, independent reading and one-on-one work with a teacher. *photo by Kristin Boscaljon*

Reading from Edgar Lee Master's "Spoon River Anthologies," junior Cam Heverly presents his project, via overhead, to Cindy Partington's American Literature class. Everyone in the class had to choose a poem and then had the option to present what the poem meant to them through either an oral presentation or writing. *photo by Boscaljon*



# A Taste of Culture

## Foreign exchange student gives insight on her country

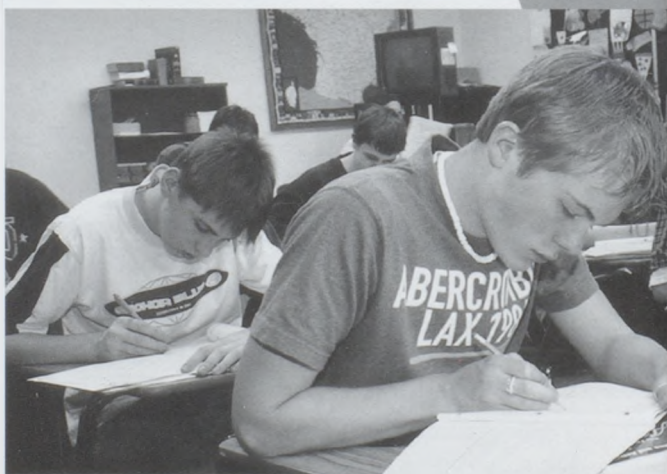
A student from Panama enrolled in different classes for two weeks. In attempt to break any language barriers, the administration introduced her to Spanish teachers Pam Barnes and Norah Olgiun. The student was Ailene Saenz Serrano, a 17-year-old foreign exchange student from Panama City. According to Serrano, her reason for leaving Panama for the first time was because her older brother, Mario Serrano, previously attended classes at Johnston in the foreign exchange student program. The other reason was because she wanted to visit her Aunt Gloria and Uncle Douglas Smoldt on her summer break.

During her two week visit she came to Barnes's Spanish classes. "I wanted her to share her culture with the class, to talk about family life, school, teenagers and foods," Barnes said about Serrano's visit. The class participated in a question and answer session spoken in Spanish. The students used precomposed questions to assist them with the proper wording.

After talking with Serrano, the students were proud of their Spanish abilities. "It was so fun to hear her talk especially since I could understand what she was saying," sophomore Elizabeth Hannigan said.

"It was interesting finding out how different Ailene's culture was from ours," junior Jeff Messerly said.

Towards the end of the discussion, a fiesta began. Serrano taught the students how to dance the Salsa and other popular dances teenagers do in Panama. After summing up the dance lessons, the class found dance partners and snacked on chips and salsa. *spread by Nicole Jansen*



## Thoughts



"It was fun to play the toilet paper game in French, because we got to learn about the body parts while we were wrapping up our teammates (in T.P.)."

**Julia Zhang '07**

"We had to make brochures on different countries. This helped us learn more about the countries that speak French."

**Jeff Hoobin '06**



"The hardest part of Spanish is having to memorize everything, because in order to speak it you have know the basics."

**Jeremy Meyer '04**



Academics

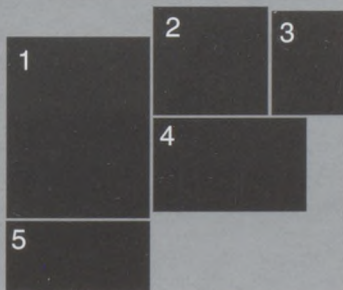
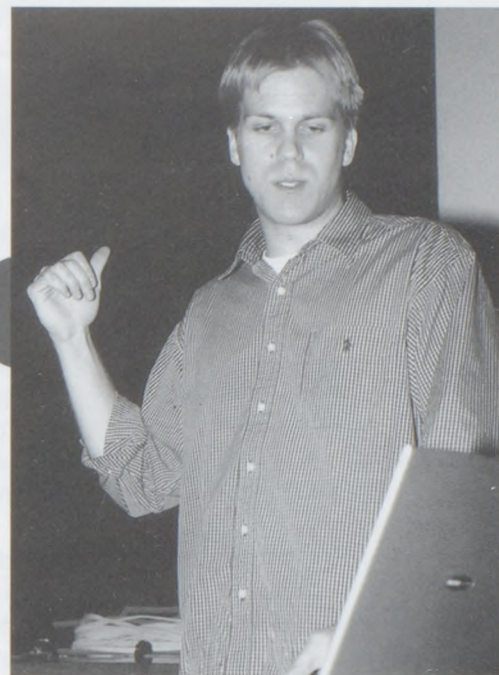
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Dancing to the beat, foreign exchange student Ailene Saenz Serrano teaches sophomore Jordan Wengert how to do the salsa. Junior Fifi Albache was there to help show sophomore Brady Nurse the moves. Serrano taught the Spanish classes the Salsa and other dances while in Johnston. The day was devoted to asking Serrano questions, eating munchies and dancing. *photo by L. Lockner*

Sophomore Alecia Eggers converses with another group member, sophomore Liz Sigmund, during her groups skit. The students had to write the skit as a group. The skit was presented to the class next day. The assignment was to ask others to join them in going somewhere. Two of the group members were told to decline their invitation and the final invite was to be accepted. *photo by Nicole Jansen.*

Speaker Tom Laing informs foreign language students on traveling to other countries and studying abroad. Laing's purpose for coming was to give details to the Spanish students about the further opportunities after their trip to Spain. The French students also received insight on the country that they had been learning about in their studies. *photo by A. C.*

Celebrating Mardi Gras with the rest of her French II class, freshman Amela Smajlova puts on her self-made mask. Freshman Rasmin Keco looked on to see the artwork Smajolva placed on her mask. The class participated in the Mardi Gras celebration by decorating masks or other various decorations, along with bringing food to share. *photo by Nathalie Hurm*

Sophomores Brian Underwood, Alec Beck-Cross and Chane Larkin attempt to improve their French skills. "I don't like having two books but if I had to choose one of the two, I would pick the GV book because its the easiest," said Underwood. The classes primarily used two workbooks: grammar and vocabulary (GV) and practice and activities (PA). *photo by N. Jansen*

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Foreign  
Language





# Cutting Edge Technology

## New product enhances drafting class

To do: create a 90 degree angle on AutoCAD 2004. Click screen, move point where you want the line to be, snap perpendicular lines together.

Teachers Ryan Mayer and Mike Modlin attained this program to fulfill the students greater interest. The program was a result of the department receiving a grant nine years ago from the federal government. Mayer and Modlin decided to modernize the AutoCAD program by investing in the most updated version because they thought the newer model would be more practical.

According to Modlin, AutoCAD 2004 was more "professional- like." Modlin chose it because he wanted to have a program that would help the students if they were even the slightest bit interested in a drafting career. He also wanted to have a program that was more efficient.

Understanding the differences between the updated program and the previous AutoCAD was easy for junior Jeff Messerly. According to Messerly, the switch between the two programs was not major, but it demonstrated more professional abilities such as less key strokes to complete an action. "It's easier to use. You don't have to push as many buttons. It saves time. (Previously) you would have to click in a different part (of the program) and then go to a different menu. (With this element) you stay more focused," Messerly said.

The new version of AutoCAD continuously showed the line lengths and angle readout, instead of having to undergo a two or three step procedure to see the readouts. "It's a similar program, so we have to unlearn somethings and relearn somethings. We are finding new differences almost every day," Modlin said. *spread by Alicia Corron*



## Thoughts



"One time I made a bird house (in carpentry) and I got mad and I threw it on the ground. It broke because I didn't nail it very well."

**A.J. Kohles '04**

"Right now there is nothing fun about (General Drafting). We are just learning about AutoCAD 2004. It will be fun once we are done learning about it."

**Kristen Turnblad '06**



"(Freshman) Rusty (Carol) was cutting with the router. You are suppose to set the router upside down. He put it flat down and it cut a hole in the table."

**Adam Richards '07**

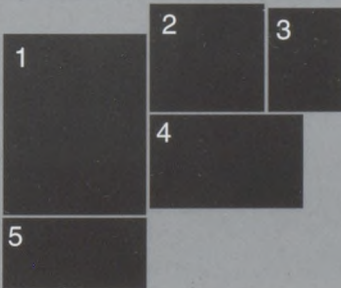
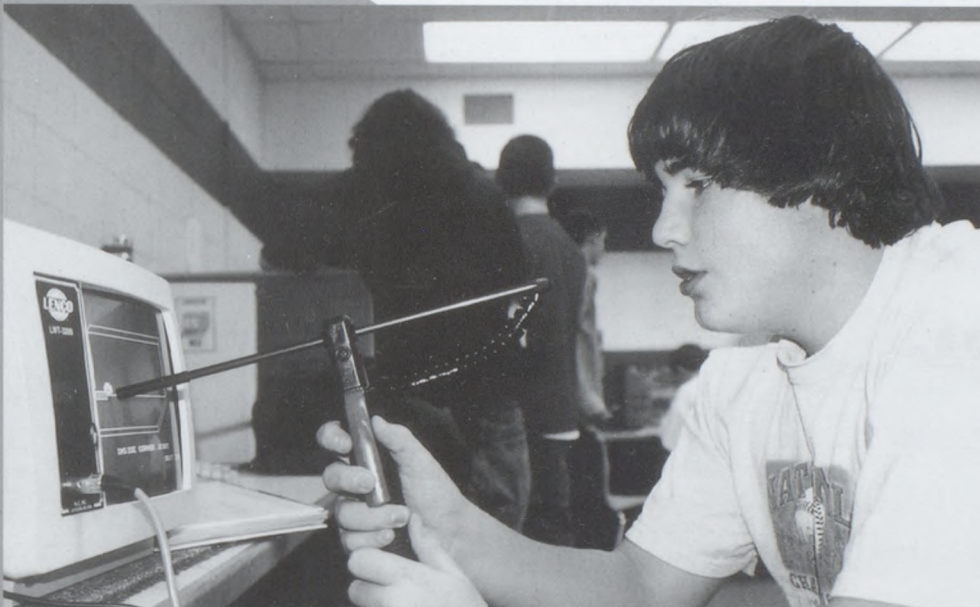


**Academics**

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Freshman Matt Janes aligns his pencil along the ruler for his assignment in General Drafting. The manual drafting station was Janes' second station out of five. "I like drafting. It's a different way of drawing pictures," Janes said. He was also enrolled in carpentry. "I like carpentry better. I like to build stuff. I'm not as good with technology (stuff) as I am with building stuff," Janes said. *photo by Alicia Corron*

Constructing a new addition to his van, senior Mike Darling pieces together the skeletal of his car seat in Carpentry. According to Darling, the framework of his seat was just one step in the process to remodel the inside of his van. Before he started on his project, Darling had to develop a list of materials, parts, a plan and a procedure sheet so teacher Mike Modlin would understand his plans. *photo by Alicia Corron*

Wire wheeling the valve of a small engine, Freshman Josh Gowdy plugs away in junior Peter Langston works on completing his Introduction to Technology class by welding on task. "I barely got through the class. My partner a computer screen. There were other stations in (sophomore) Ryan Olney saved my life. The the lab such as flight, computer drafting and book work was easy, but the actual work on mechanics. These stations allowed students to the engine was hard to understand at first," sample those areas to see if they had an interest in pursuing them as a class. *photo by A. Corron*

Junior Jake Pike tunes into teacher Ryan Mayer for instructions to help him complete the classes' shed in Construction. Pike, Mayer and the rest of the class worked on the shed from the beginning of the second semester. The class built it to hold equipment for soccer, football and other sports. *photo by A. Corron*



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# Math with a side of tacos

Students enjoy unique night of studying

While students gathering the night before a final exam to cram is not uncommon, their studying is not typically mixed with a party at their teacher's house. However, for math teacher Vickie Borich's first semester pre-calculus class, it was. On Dec. 18, Borich and 20 of her 28 students did just that when they met at her house for a review session and taco feast. The session came about after the students had been hassling Borich for a party, and together the class decided that gathering to study and celebrate their accomplishments throughout the semester would be a good idea.

The group gathered in Borich's living room at 7 p.m. the night before the written portion of the exam. They spent approximately two hours going over a sample packet that had been handed out in class and answering questions. Following their review, the class relaxed and enjoyed tacos, with Borich providing the meat and the students delivering the rest of the food, including cookies, chips, and more. "(The gathering) helped relieve any anxiety the kids might have had, plus we had some fun," Borich said.

Senior Danie Welch was one of the attendees and found the studying to be very beneficial in preparing herself for the exam. "We didn't have to cram the night before. It didn't feel as stressful. We got to talk through problems with each other," Welch said.

Nevertheless, Borich was unsure of whether she would turn the event into a tradition. She said, "I think it was great with this class. Each class is unique and the personality of a class lends itself to certain activities." *spread by Sheena Wendel and Jessica Droogsma*



## Thoughts



"(In AP Statistics) we did gambling games with chance and probability. It made me become a better gambler."

Corey Goerdt '04

"I like math because it is very black and white. There is no gray area. Everything is very obvious."

Grace Meiners '07



"In class (Algebra I) we learned a dance to remember the equation for slope. It was to music and it had hand moves and stuff. It was kind of funny."

Jenny Hahn '07



Academics

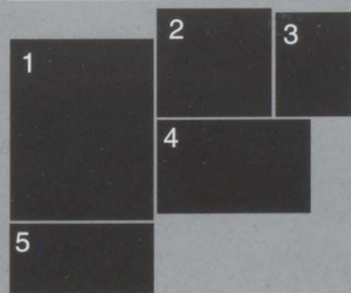
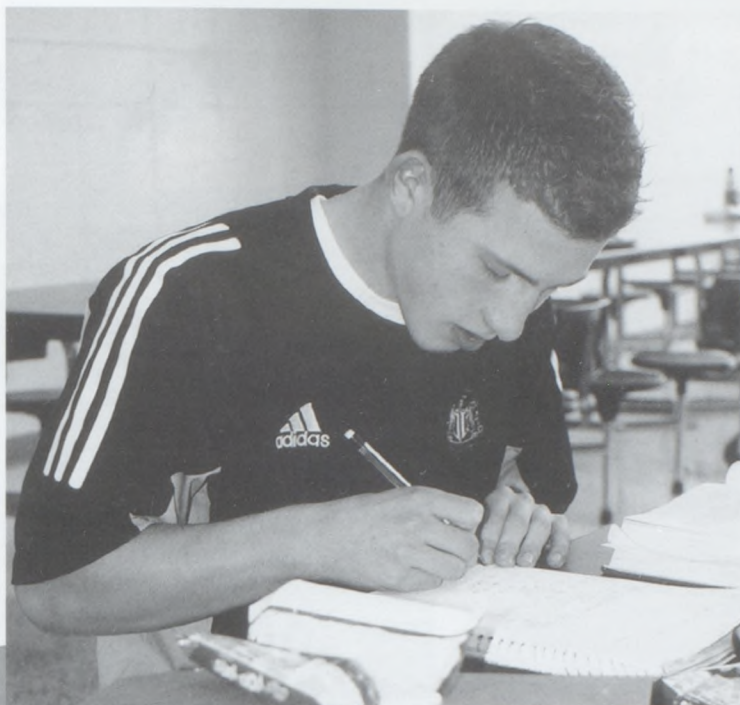
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Carefully punching numbers into her scientific calculator, junior Keelie Fisher works on her Consumer Math assignment. "It (the class) helps with everyday things that you have to learn for when you are out of the house," said Fisher. "The class is an easy A, but it teaches how to use checkbooks and credit cards." *photo by Boscaljon*

Spreading beef onto a taco while junior Karly Collyer stands by, junior Dustin Fergesen prepares to nourish himself after a strenuous study session for his pre-calculus class. Borich held a review session at her house the night before the final, and the class followed the review with a taco dinner. Their final consisted of a written exam before break and a project after break. *photo by Rachel Vorm*

Sophomore Matt Meyers dissects a puzzling math question and attempts to explain the problem to sophomore Stacy Syroka. The two sat next to each other in teacher Dan Petrak's geometry class. Syroka belonged to a gang made up of several students called the "Postulates." Syroka said, "We have a hand sign and there has been talk of T-shirts." *photo by Martinson*

Quietly absorbed in his AP Calculus BC homework, junior Derek Merkler blocks out the noise of his busy study hall while in the cafeteria, as he enjoys his breakfast. Merkler said that the class was "a lot of work and a lot of problems." He said, "I could get work done (in the study hall) but it depends on if it's urgent."

*photo by Kristin Boscaljon*

Attempting to understand teacher Brian Reese, freshman Sam Leahy enjoys an engaging Geometry class. Second semester Leahy sat next to freshman Emily Kuster. "My favorite thing about the class is the teacher because he doesn't assign a lot of homework and he explains things well," said Leahy. *photo by Afton Simpson*

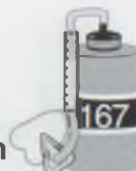


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Math





# Laying down the law

## Students forced to read in P.E.

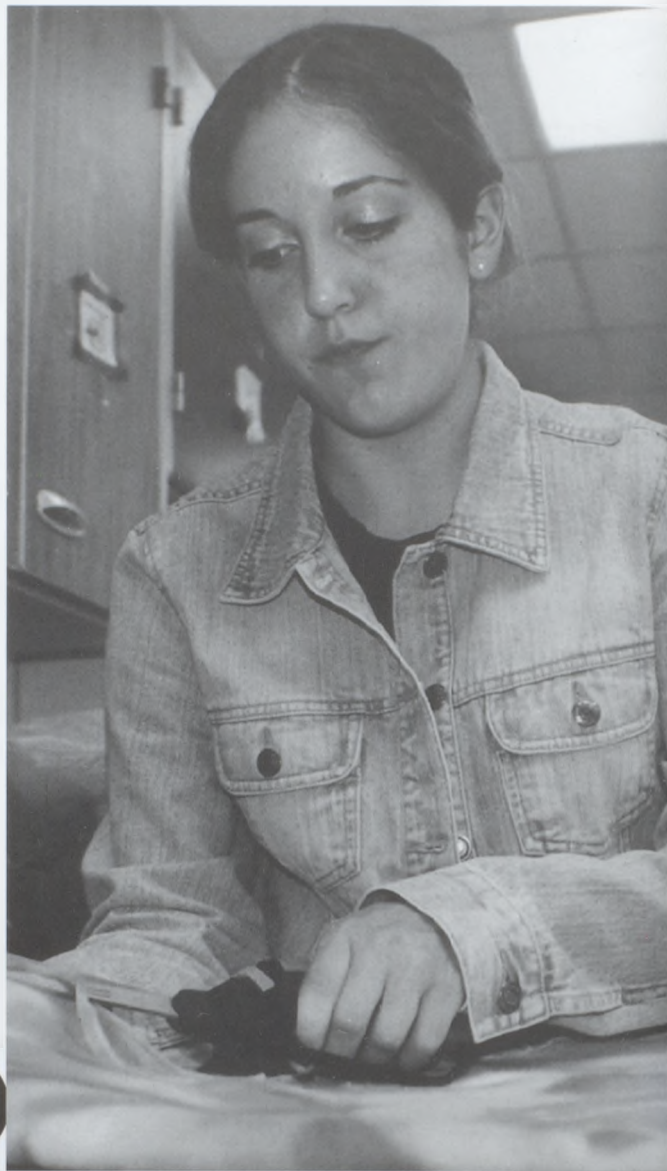
Early dismissals reached a new dawning. Students were no longer allowed to play basketball, soccer, frisbee or skip and jump. Instead, they were told to spend their early dismissal Physical Education days sitting in the bleachers, reading.

According to teacher Beth Ward and principal Bruce Hukee, the department began this new tradition first semester to help achieve one of the school's building goals: reading. "I think for some kids reading in P.E. has helped improve their skills, but others maybe not. Anytime someone reads it has benefits," Hukee said. The reading building goal was to achieve a 84.2% improvement in reading scores.

Some students thought that having to hit the books in P.E. class was just too much. "Reading sucks. I already have to read in all my other classes," senior John Michael Dickerson said. According to Dickerson, he would rather do something physical during their shortened P.E. periods, but according to Ward there just isn't enough time to start an activity with the class.

"We are going to get yelled at either way. We get yelled at for not having enough time to do an activity on early outs and also for having to read. We decided to just make them read, because the department sees it as best," Ward said.

The punishment for students not having their nose to the grindstone was the dockage of daily points. Points were deducted for talking, not bringing reading material or for simply not cooperating. *spread by Vorm*



## Thoughts



"A girl in my exploring parenting class brought a baby home for the baby unit and unfortunately it was abused and now it doesn't have a head."

**Meredith Coakley '04**

"We were learning about calcium in Health. We made milk moustaches with whip-cream and I sprayed it all over this kid's face. It was great."

**Andrew Shields '06**



"Textiles and Design has taught me how to sew. I would have my grandma teach me how to sew also, but she is too old."

**Nicole Davis '07**



**Academics**



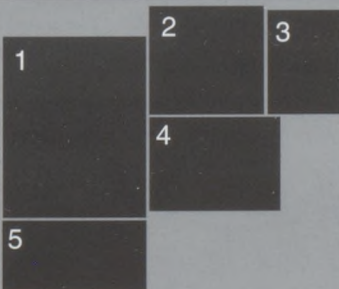
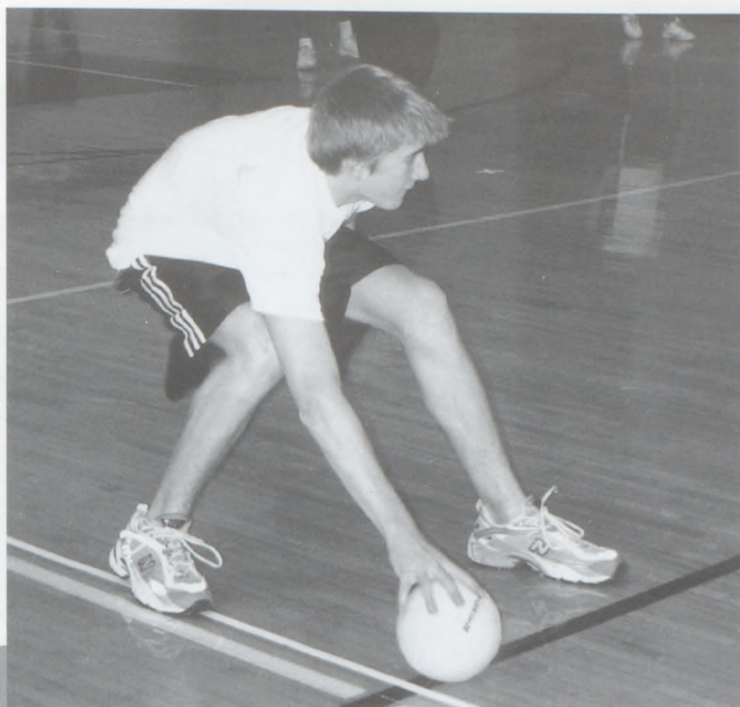
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Shoving the shuffle-board disk with all her might, junior Jill Haney takes a stab at the ten point mark on the gymnasium floor. According to Haney, the shuffleboard/ping-pong unit was a prep for life long activities, ones similar to those that the elderly play. "Some day when I get older, I am going to go on a cruise with my mom. All we are going to do is play shuffle board everyday," Haney said. *photo by Vorm*

Slicing into the fleece material with her handy-dandy fabric scissors, freshman Rachel Bassell trims the edges of her blanket. Lisa Stange, the Family Consumer Science teacher, wanted the class to have the blankets completed for the homecoming game. The blankets had hoods to protect the ears and head region from the cold. Bassell chose school colors: purple and gold. *photo by Alicia Lynn Corron*

Perplexed by the enigma of the oven, freshman Jamison Osborne and sophomore Justin Darling decipher how to set the timer on the fire-box. Said oven was used in the making of numerous delicious snickerdoodle cookies. The cookies were made to satisfy the hungry appetites of students' parents at the parent-teacher conferences which were held Feb. 17 and Feb. 23. *photo by Rachel Vorm*

Springing back like a lion ready to devour his prey, junior Sean Coughlin clasps his weapon of choice: the dodgeball. Dodgeball was eliminated from the P.E. curriculum because of its violent nature, but students were still able to play it by choice. Coughlin joined the other students who were not in fear of the dangers of a dodgeball battle, which frequently took casualties. *photo by Rachel Vorm*

Junior Casey Overberg stretches across the gym bleachers with his reading material beneath his palms. Overberg chose to read the book of Matthew from the New Testament from the Holy Bible to accumulate his points in P.E. Overberg chose the Bible because he wanted to learn more about the Christian religion. "I'm a pretty big Christian," Overberg said. *photo by Rachel Vorm*

On Newspaper: "Newspaper is like a cult. You practically live, eat, and sleep in the Journalism room. Our editors teach us a lot of 'interesting' things, like how to shower with your friends, and not to put caps in a headline." **Emily McPherson, sophomore**



**P.E. /  
Wellness**





# Mixing Toys and Science

Partington uses toys, stories, jokes in his teaching

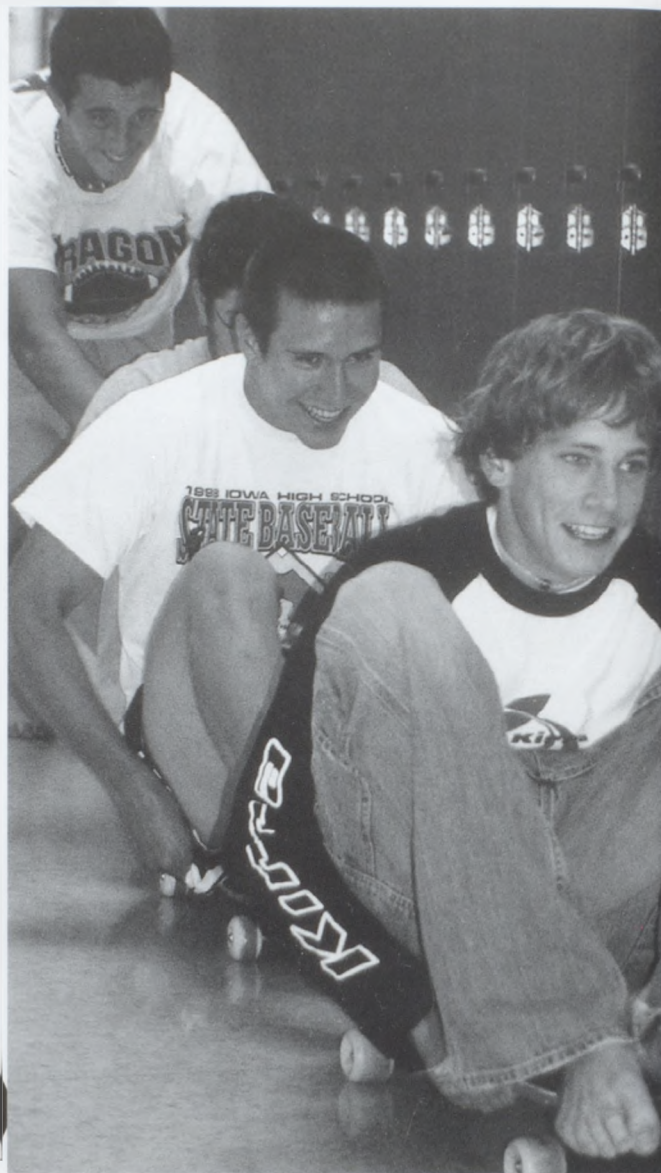
Barbie® dolls and chemistry don't seem to be topics that would necessarily mix together, but Mike Partington found a way. He told many seemingly random stories throughout the year, some dealing with Barbies®, others with hunting and jokes to help students understand the lesson. This was how kids would remember him when he retired at the end of the year.

While in class with Partington, senior Jennifer Bemisdarfer kept a booklet full of stories he had said throughout the semester. One instance stuck out in her mind. "During the middle of a test he interrupted and said 'Miss Arkansas would like to share a few words with you.' Suddenly he pulled out a Barbie® doll and began speaking in a high, falsetto voice saying, 'Hey kids, study chemistry so you can grow up to not be a loser,'" Bemisdarfer said.

Partington would also try to make jokes while teaching to help his students pay attention to the topic. Sophomore Chris Jespersen remembered when "he was talking about elements and their isotopes, and all of a sudden he said, 'There is Carbon-12 and then there is the sexy one.' We didn't get it so he told us, 'Carbon-14 (used in carbon dating), the one used for dating!'"

More memorable stories that Partington told were about hunting experiences. "He told this one story about how he caught a turkey and killed it with his bare hands," junior Colby Taylor said. "He always would talk about how he went hunting with Mr.(Terry) Frisch too."

Frisch also retired at the completion of the year and joined the team of Iowa Public Television. Partington intended to spend time with his wife and family. *spread by Nicole Jansen*



## Thoughts



"We did a liquid chromatography lab (in AP Chemistry) with grape Kool-aid® and when we put it into the separating column it made a bunch of different colors. It looked really cool."

**Amanda Jones '06**

"On the first day (in Biotechnology) we got to make banana smoothies. We made them because we used the bananas to prove that food had DNA and the ones we had left over we got to eat."

**Abbie Toney '04**



"During Physics we got to do some crazy experiments where we got to make lasers into different sounds."

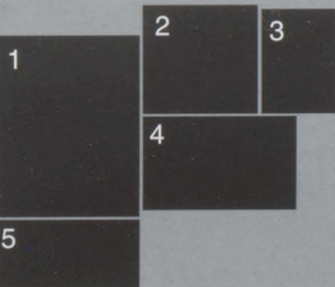
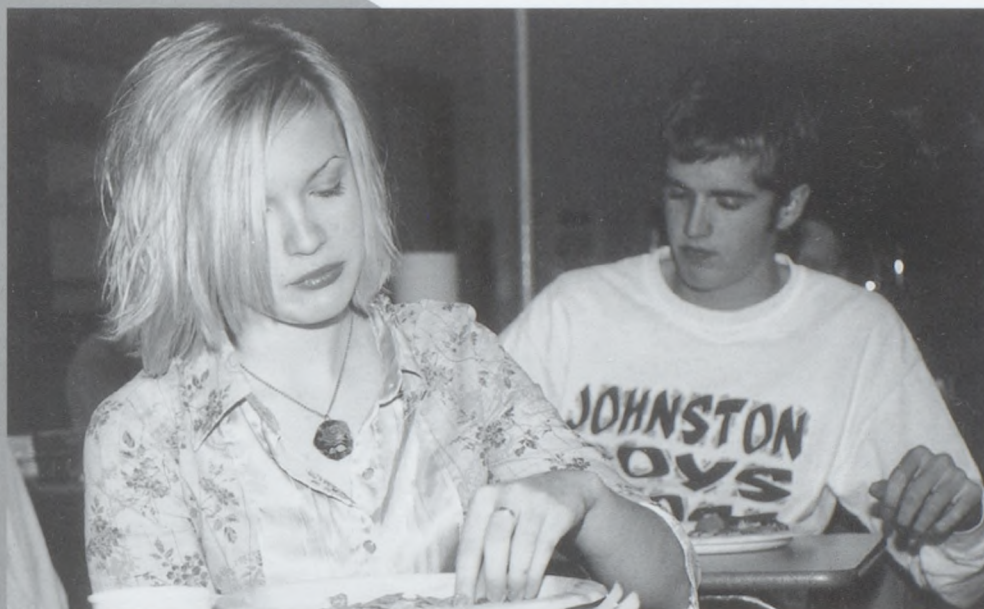
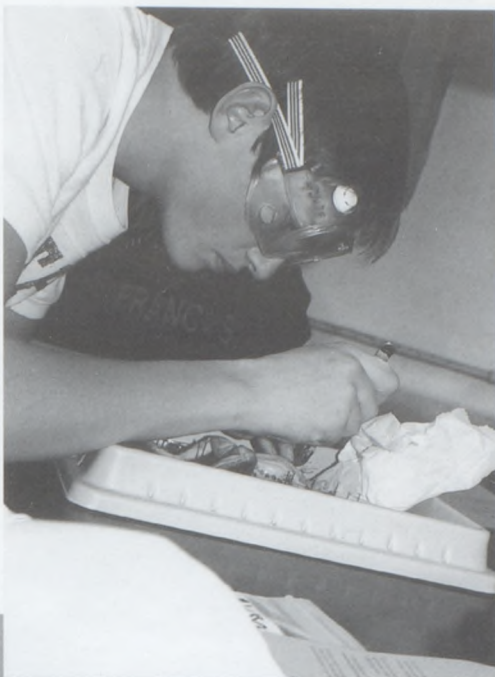
**John Jacobsen '05**



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Racing through the hallways on a skateboard, juniors Jordan Lampe, Mike Mertz and Bobby Trader and senior Scott Jennings test the abilities of momentum. This experiment was done in Terry Frisch's physics class. The experiment involved the back person accelerating off and then the others would take turns in pushing off to see how far they would go with the amount of force applied. *photo by Afton Simpson*

Examining the entrails of a frog, sophomore Calvin Vernon gets the opportunity to learn about his assigned amphibian during his biology class with Chris Siewart. Siewart let the students examine the different parts of the frog on their own. The class received the dissecting instruction booklet prior to dissection to help them tackle the examination of the small anatomy. *photo by Nicole Jansen*

Sophomore Peter Ostiguy and senior Ashley Weaver work together on dissecting a cat after school, while AP Biology teacher Pam Brown assists. The after school activity was for extra credit. Brown decided to hold the dissection after school not only because it wasn't in the normal curriculum, but some of the students didn't want to participate. *photo by Liz Kirk*

Enjoying a work-free Mole Day, juniors Jessica Wheeler and Brandon Swett snack on food with the rest of their chemistry class. Mole Day was dedicated to an equation of  $6.02 \times 10^{23}$ . It was celebrated on Oct. 23 between the hours of 6:02 a.m. and 6:02 p.m. Other students participated in Chris Beguhn's chemistry by bringing foods or activities. *photo by A. Corron*

Freshmen Amanda Lower, Meredith Manning, Rachel Winterbottom and Danielle Finley measure the distance that a ball traveled with a yard stick. They tested this by rolling a ball down a ramp and then recording how fast it would travel over a certain distance. They compared the distance traveled to the angle the board was placed. *photo by Lindsey Lockner*

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Science





# Calling All Democratic Candidates

## Seniors face problems when phoning candidates

Senior Duncan Skinner picked up the phone, dialed the number that his government teacher Jerry Stratton gave him, and waited for the ringing phone to be answered. It rang several times before a recording said that all lines were busy and to try again. Skinner mutters his frustrations and hung up the phone.

It took Skinner seven times before he got in touch with a campaign office and even then he was put on hold.

This was one of the problems the senior class faced when trying to get a hold of Democratic candidates during the week of 1,000 phone calls, which took place Oct. 20-23. Students called to ask Howard Dean, John Kerry, Dick Gephardt and John Edwards to come and speak to them.

According to American Government teacher Stratton, in years past teachers didn't have as many difficulties getting a hold of the candidates. However, none of the candidates responded to letters sent out in July.

Instead, the campaign offices attempted to send their representatives, campaign managers and even the wives of the candidates to come and speak, but Stratton only wanted the candidates.

The government teachers set aside one day for the students to call each of the different Democratic candidates. This activity was voluntary and the students were not graded for their participation.

In the end, Howard Dean came on Nov. 3 to speak with the seniors. They were able to ask him questions that had been prepared during their government classes. *spread by Beth Aubuchon and Amanda Kennedy*



## Thoughts



"When Jason Kirkpatrick asks, 'Does everyone understand?' we all have to raise our hands to show that we understand."

**Katie Luksetich, 07**

"Alicia Rollison was doing a performance called deadman walking out in the hall to show all the class. Someone had pulled her and she fell flat on her face."

**Hailee Severson, 06**



"One time I was in Rollison's class and I got stuck in a desk and the desk fell over and I was in it. My side hurt for a couple of days cause I fell on the bar."

**Pamela Brande, 04**



**Academics**



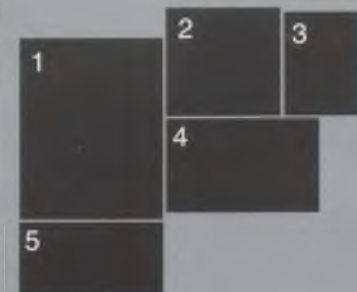
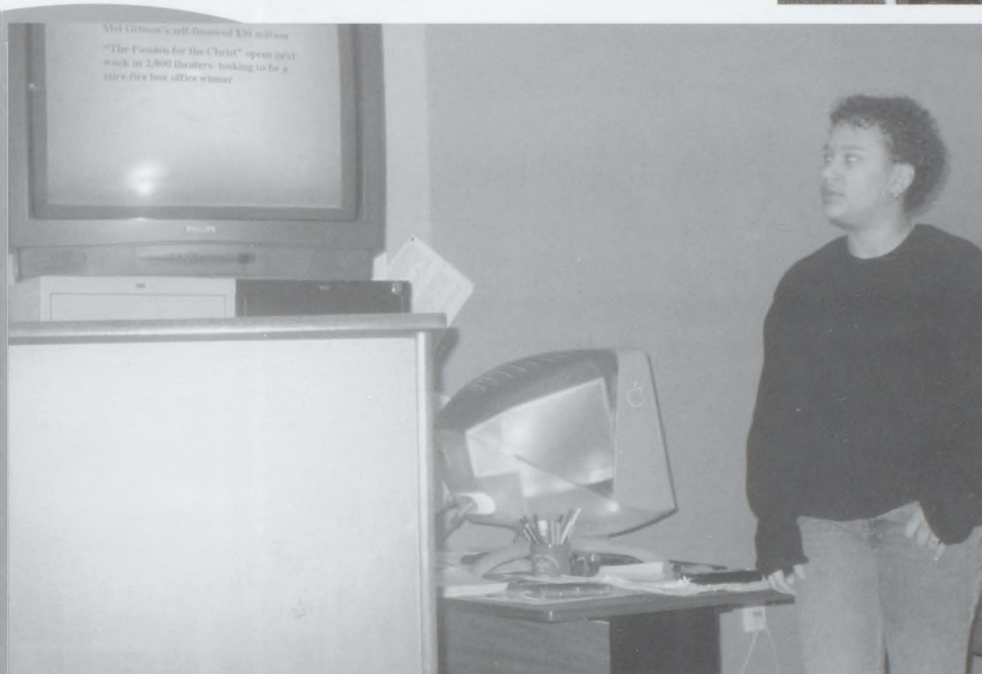
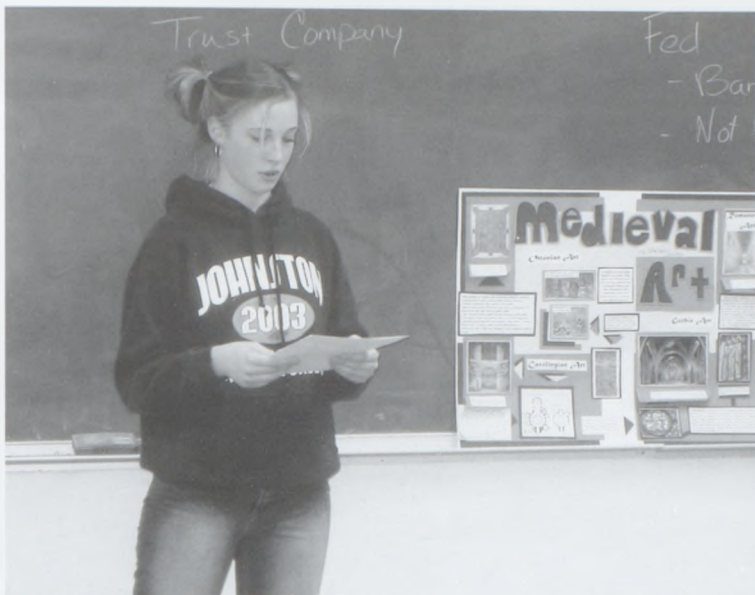
**Mercy Clinics**

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With the excitement of engaging in a melody together, senior Becca Smith and a resident at Senior Suites of Urbandale nursing home play upon a piano. Smith and senior Rachel Vorm went to Senior Suites every Wednesday and Thursday for approximately two hours to fulfill their requirements for their government service project. They participated in board games and engaged in conversations. *photo by Vorm*

The enthusiasm of working on a Medieval Art project aids sophomore Chelsea Smith in a presentation, which was given for Accelerated World Studies. Presentations had to go for five minutes, and the students would take notes over the presentation before taking a quiz the following day. Smith said, "We could present (in any kind of form) I chose to do a poster." *photo by Tyler Swett*

Sophomores Jeremiah Keltner, Alec Beck-Cross, Kyle Phillips and Nathan Petersen prepare themselves for the upcoming puppet show in Classical Civilizations with Alicia Rollison. After they set up army men, that represented the Chinese Army, they rehearsed their parts for the upcoming demonstration. *photo by Shaina White*

Giving a presentation over the controversial movie *Passion of the Christ*, junior Shabrean Nead talks to her U.S. History class as she looks to her presentation for further information. "I had to hunt information for this current event. I wanted to do this because I was looking forward to seeing the movie next week," Nead said. *photo by Tyler Swett*

During Kelly Coleman's sociology class, junior Jason Arment concentrates intensely on his assignment listed on the overhead. The class read a piece called *The Nature Assumption* and then answered five questions pertaining to the article. The selection they had read discussed the effects of nature verses nurture. *photo by Beth Aubuchon*

(515) 278-5668

5225 NW 114th Street Grimes, Iowa 50111



Social  
Studies











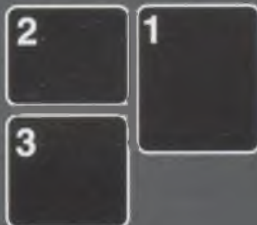
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*spread by Woodward Brenton, Stacie Bendixen and Alicia Corron*

Senior Megan Kempf, freshman Ocean Sheriff, Fulfilling his caffeine craving, Video Production senior Joanna Jarnagin, and juniors Sarah Johnson and Erin Turner opt to take a "no dress" rather than participate in Physical Education. P.E. teacher Deb Nicholson had heard it all. "Students tell me all kinds of excuses, but I just think they're too lazy," Nicholson said. For every "no dress," students received no points for that class, and had three days to make it up. *photo by W. Brenton*

teacher Tim Brickley pours himself a cup of joe. Brickley favored his own premium blend of Millstone coffee grounds. "I get a pound of the Vermont Maple, and a pound of the Hazelnut Creme, pour them both into a baggie, shake it up, and I'm set," Brickley said. Several students commented on how this particular mix smelled a bit like maple syrup, according to Brickley.

Teacher Susan McCravy and former student Luke Borwick get acquainted with each other during a Best Buddies meeting. McCravy enjoyed being the special education advisor, as well as faculty advisor for Best Buddies. McCravy had always liked working with students with disabilities. "The kids appreciate everything. They aren't all wrapped up in their appearance," McCravy said. *photo by R. Vorm*



## Academic Decathlon

Honors: Jennifer Ayres and Molin Zhong



Front Row: Molin Zhong, Andy Pilkington, Joe Shaw, Ali Keenan. Second Row: Austin Fiala, David Blume, Matt Johnson, Jennifer Ayres.

## Freshmen Baseball

Season Record: 9-26



Front Row: Rob Lang, Jordan Wengert, Matt Tiller, Kevin Messmaker, Kyle McCracken.

## JV Baseball

Season Record: 24-14



Front Row: Bryan Messmaker, Mike Eittrheim, Ryan De Hamer, Colin Sedgley, Brian McCrear, Russ Wiskirchen, Bobby Hernandez. Second Row: John Jacobsen, Tyler Tannatt, Evan Schults, Brenden Furrow, Nate Maple, Kory Ross, Robby Winterbottom, Adam Nizson. Third Row: coach Craig Kruger, Alex Miller, Brandon Schares, Trevor Kruger, Jake Haden, Ryan Bass, Jake Pike, Steven Walter.

## Varsity Baseball

Season Record: 13-27



Front Row: Randall Chamberlin, Scott Neal, Corey Goerd, Stephen Cate, Jim Heldt, Bryan Junge. Second Row: Matt Fritz, Chris Sigmund, Curtis Froehlich, Cody Phelps, Derek Deer, Kris Grimes, Neal Parenza, Zach Moses. Third Row: coach Blake Cruikshank, David Chamberlin, Adam Meyer, Justin Smith, Clint Saf-Robbins, Adam Gray, Chris Gass, A.J. Morris, Pat Ryerson, Ryan Bole, coach Randy Wee.

## Freshmen Boys Basketball

Season Record: 16-5



Front Row: Logan Koch, Matt Carlson, Jacob Pfundheller, Josh Chamber, Jacob Curtis, Luke Knee, Taylor Egle, Nathan Lockner, Scott Cronin. Second Row: Danny Cahill, Nick Scholten, Conner Elmitt, David Kern, Brent Barz, Frank Bates, Brian Smith, Grant Dippold, Joseph Pavelka, Eric Tubbs. Third Row: Coach Dan Petrak, Joe Cate, Austin Denny, Collin Coghlon, Jay Quick, Drew Ness, Kellen Johnson, Chase Baumgartner, Justin Krull, Todd Sonner, Coach Brad Johnson.





## Sophomore Boys Basketball

Season Record: 13-9



Front Row: Ben Green, Matt Ness, Jon Shockey, Ryan Sievers, Zach Cooper, Rob Lang, Brandon Will. Second Row: Coach Rod Wiebers, Nathan Long, Brady Nurse, Nick Gardiner, Drew Imhoff, Corey Chancellor, Alex Kron, Joel Quick, Coach Brady Fleming.

## Varsity Boys Basketball

Season Record: 18-6



Front Row: Brenden Furrow, Rob Lang, Joel Quick, Kory Ross, Jon Palmer, Tyler Tannatt, Jake Hukee. Second Row: Jason Rude, Mike Mertz, Luke Bangston, Jimmie Binnie, Derek Rutheford, Kris Grimes, Brian McCrea. Third Row: Coach Jason Kirkpatrick, Ryan Bole, Jake Haden, Tom Danielson, Ryan De Hamer, Jake Walahoski, Alex Grasso, Adam Thilges, Coach Jeff Simpson, Coach Chris Danner.

## Freshmen Girls Basketball

Season Record: A team 7-14, B team 4-11



Front Row: Amanda Lower, Heather Wendel. Second Row: Hannah Levine, Laura Messerly, Abby Gumina, Erica Weirich, Sara Miller, Silvia Fouch, Alexa Sanders, Krista Bowers. Third Row: Coach Andy Fehn, Emeri Sams, Felicia Hoover, Anna Ruebbelke, Grace Meiners, Julia Rude, Micah Casey, Shawntell Noel, Kelsey Hyde, Abby Davis, Coach Tim Brickley.

## Sophomore Girls Basketball

Season Record: 15-6



Front Row: Jenna Jewell, Libbie Reichling, Sarah Peppmeier, Tayler Vestal, Liz Sigmund, Missy Deer. Second Row: Chandra Binnie, Tiffany Wendel, Kelsey Brown, Abby Morris, MaKenzie Fisher, Abby Green.

## Varsity Boys Basketball

Season Record: 10-13



Front Row: Steph Cameron, Abbie Toney, Stephanie Robinson, Monica Geodken, Tiffany Barz. Second Row: Ryan Tometich, Alyssa Mueller, Jessica Hoover, Amanda Rhoads, Ashley Weeldon. Third Row: Coach Rich Gradoville, Beth Roese, Lori Bjork, Mallory Beck, Emily Green, Hannah Miller, Coach Beth Ward.



## Best Buddies



Front Row: Missy King, Ashley Fuller, Rachel Hall, Ryan Tometich, Chris Leslie, Molly Gehm. Second Row: Anjel Vodenik, Emily Vander Ploeg, Jessica Cordes, Meghean Skinner, Amanda Cook, Jake Tyler, Amanda Kennedy, Emily White, Lindsey Parry, Hannah Levine, Kathryn Huen, John Micheal Dickerson. Third Row: Lindsey Watkins, Sonja Spray, Zach Hansen, John Kennedy, Matthew Stange.

## Bowling

## Season Record Boys: 8-0 Season Record Girls: 5-4



Front Row: Allison Rutherford, Sarah Johnson, Fifi Albatche, Ashley Aller, Erin Turner, Cassidy Williams. Second Row: Brandon Thompson, Jeremiah Johnson, Jerry Gamble, Travis West, Justin Olson, Jeremiah Keltner, Greg Olson, Jake Pike, coach Michelle Tracy.

## Chamber Choir



Front Row: Becca Smith, Jenna Winzenburg, Bethany Glendenning, Whitney Warne, Tyler Biggs, Jason Holland, Brian Underwood. Second Row: Elizabeth Timmins, Jordan Seaberg, Seffie Smith, Alexis VanVleet, Sarah Butitta. Third Row: Josh Carlson, Meredith Cronin, Sean Coughlin, John Jacobsen, Mike Eittreim. Fourth Row: Chris Williamson, Tom Danielson, Mitch Cline.

## Freshmen/ Sophomore Basketball Cheerleading



Left-Front Row: Ashley Grant, Alycia Waterman, Taylor Gowey. Second Row: Emily Conn, Nicole Davis, Hillary Mumma, Emily O'Keefe, Lydia Givens. Third Row: Alexa Johnson, Rachel Winterbottom, Ashley Bedord, Justina Mazza, April Adams.

Front Row: Lindsey McCulley, Karina Baymiller, Falyn Tingley. Second Row: Sandra Rodriguez, Abby Dierks, Nathalie Hurm.

## Varsity Basketball Cheerleading



Left-First Row: Mikaela Donaldson, Lindsay Gilbert, Mallory Rives. Second Row: Liz Hilby, Lauren Harvey.

Front Row: Stephanie Bunting, Toni Chrisman. Second Row: Ashley Meade, Emily Chrisman. Third Row: Abby Lewton, Dani Martinson.





## Freshmen Football Cheerleading



Front Row: Ashley Bedord. Second Row: Ashley Grant, Justina Mazza. Third Row: Alicia Watrous, Taylor Gowey, Hillary Mumma, Alexa Johnson, Emily O'Keefe.

## Sophomore Football Cheerleading



Front Row: Emily Forte, Abby Lewton, Falyn Tingley. Second Row: Jenna Hukee, Kari Neal, Karina Baymiller, Beth Holt, Leslie Crawford.

## Varsity Football Cheerleading

3rd at State



Front Row: Natasha Kim, Emily Chrisman, Ashley Johnson. Second Row: Steph Bunting, Veronica Hanson, Brianne Shaw, Mallory Rives, Toni Chrisman, Lindsey Gilbert. Third Row: Mikaela Donaldson, Ashley Meade, Alyson Denny, Liz Hilby, Dragon Matthew Stange, Lauren Harvey, Kiley Waltz, Amanda Miller, Dani Martinson.

## Wrestling Cheerleading



Front Row: Emily Funk, Britt Ustrud, Stephanie Williams. Second Row: Jessie Cordes, Joelle Blanchard.

## Freshmen boys' Chorus



Front Row: Scott Fluegel, Frank Baxter, Todd Sexton, Sam Leahy, Blake Wheeler, Josh Belner, Matt Burch, Jeff Rasmussen. Second Row: Chris Pilkington, Aaron Lehman, Antonio Rodriguez, Brenton Hankins, Kyle Thomann, Eric Reese, Brian Baker, Cory Pierce, John Dzubak. Third Row: Grant Dippold, Nick Kirkhart, David Derry, Bryce Kubik, Klay Quick, Troy Nielson, Jacob Pfundheller, Scott Cronin, William Lanning.



## Freshmen Girls' Chorus



Front Row: Michelle Cross, Hannah Wagner, Jasmine Riley, Lindsey Castellao, Kiley Dewhurst, Amanda Lower, Rachel Winterbottom, Becky Heffling, Emilie Seda, Teresa Davis, Tana Friesth, Carissa Niederkorn, Traci Gwinn. Second Row: Kelsey Kramer, Tiffany Hess, Carmi Castellano, Anne Hayward, Taylor Adams, Lisa Heath, Elizabeth Lawrence, Kelsey Hyde, Laura Messerly, Emeri Sams, Makea Sanders, Lauren Whitney, Nicole Davis, Mallory McKinley, Micah Casey, Jenalee Williams, Merdith Manning, Susan Clausen, Claire Thompson, Sammie Johnson, Emily Kuster, Abby Davis, Alexis Buchanan. Fourth Row: Brianna Upton, Julia Zhang, Krista Bowers, Brittany Curtis, Megan Bendixen, Katie Luksetich, Joelle Blanchard, Erin Ballard, Kathryn, Huen, Kariann Rupp, Hannah Levine, Kristen Strawhacker, Sarah Taylor.

## Concert Band



Front Row: Nick Shumacher, Heather Haskins, Amanda Hatfield, Michelle Cross, Erica Eaves, Stephanie Craft, Leah Lundstrom-Yuridin, Kelli Zimmer, Brianna Wight, Erin Couture, Ryan Olson, Jacob Meyers. Second Row: Larissa French, Jenny Hahn, Krista Bowers, Taylor Grieve, Michelle Ackelson, Makea Sanders, Hannah Levine, Kathryn Huen, Alexis Buchanan, Joelle Blanchard, Robyn Norris, Kaylee Richter, Jamie Reimann, Elizabeth Lawrence, Kate Mabae, Angela Schaefer. Third Row: Jenna Lammers, Emilie Seda, Kelsey Hyde, Silvia Fouch, Brianna Upton, Abby Davis, Abby Gumina, Cassy Clark, Mallory McKinley, Sarah Mueller, Teresa Davis, Julia Zhang, Emily DePenning, Danielle Larimer, Kristin Badgley, Dawn Wilkens, Megan Bendixen, Felicia Hoover, Erin Sams. Fourth Row: Jordan Olson, Ryan Dickey, William Lowe, Matthew Schultz, Josh Merril, Austin Strawhacker, Frank Baxter, Blane Chesnut, Tian Sun, Joe Salvini, Laz French, Michael Seibert, Michael Skeens, Saliya Wijeratne, TK Kanauss. Fifth Row: John Miller, Eric Tubbs, Josh Bowen, Chris Williamson, Addison Nielsen, Nathan Petersen, Joe Thuente, Zach Swoyer, Jeremiah Keltner, Casey Overburg, Sean Bruce, Megan Kempf, Dane Seaberg, Alec Beck-Cross, Meghan Atkinson, John Dzubak, Skyler Walters.

## Concert Choir



Front Row: Jenny Wu, Natasha Kim, Allison Thomann, Justine Blanchard, Ashley Meek, Lindsay Gilbert, Jaryd White, Jason Holland, Meredith Crowder, Jim Hinchliff, Alex Hammer, Andy Goers, Jim Heldt, Veronica Hanson, Jenna Craggs, Sarah Butitta, Becca Smith. Second Row: Liz Timmins, Lacie Woods, Amanda Thrasher, Mikaela Donaldson, Rachel Broich, Zach Moses, John Jacobson, Tom Danielson, Scott Jennings, Josh Carlson, Allison Dzubak, Nick Scholten, Greg Patten, Brian Underwood, Alex Grasso, Tim Duquette, Elizabeth Dieseth, Ashley Raes. Third Row: Kathryn Amendt, Brittney Westercamp, Alexis Van Vleet, Amanda Hyde, Colin Siberz, Tyler Sloan, Dan Haight, Chris Williamson, Bethany Glendenning, Lauren Butterwick, John Miller, Nathan Morales, Eric Tubbs, Matthew Carlson, Claire Lewka, Annie Schwartz, Kiley Waltz, Erin Sams. Fourth Row: Caryn Albrecht, Krysten Steen, Laura Mulholland, Joe Schmidt, Gerrit Hansen, Joel Schreiber, Sean Coughlin, Jordan Seaberg, Meredith Cronin, Mike Eitrem, Mitch Cline, Justin Steggerda, Steven Walter, Russ Wiskirchen, Brian Smith, Megan Dean, Stephanie Bunting, Jenna Winzenburg, Steffi Smith.

## Boys' Cross Country



## 1st at Johnston Invite

Front Row: Jake Haden, Erik Holt, Brendan Rutherford, Duncan Skinner, Matt Johnson, Scott Walter, Adam Hsu, Kyle Mandsager, Jim Mahoney, Daniel Gillaspey, Colby Elmitt. Second Row: Ben Morrill, Brian Underwood, Brenton Hankins, Dane Seaburg, Peter Blutt, Dylan Kimsey, John Peitzman, Ricky Rodriguez, Jordan Lampe, Jay Quick, Joe Thuente. Third Row: Coach Chris Siewert, Tim Gannon, Logan Fiala, Alex Grasso, Matt Meyers, Kory Ross, Joey Verrant, Steven Walter, Jake Pike, Tom Danielson, Nick Bussammas, Trevor Kruger, coach Dave Beason. Fourth Row: Matt Bole, Brandon Swett, Sean Coughlin, Jason Fry, Zach Swoyer, Tyler Swett, Alex Hammer, Adam Thilges, Alex Kron.

## Girls' Cross Country



## 1st at Johnston Invite, Conference Champs

Front Row: Tiffany Barz, Steph Robison, Katie Hlavka, Martha Meiners, Kelsey Hyde, Jessica Wilson, Kamilla Gaiazova, Steph Wilmore. Second Row: Megan Samson, Erica Eaves, Robyn Norris, Heather Wendel, Berhane Traylor, Carley Hammer, Leah Lundstrom-Yuridin, Nicole Gibson. Third Row: Tiffany Wendel, Jessica Mitchell, Chandra Binnie, Emily Funk, Grace Meiners, Tara Blutt, Emily DePenning, Jenny Wu. Fourth Row: Lori Bjork, Liz Timmins, Kelsey Dicken, Felicia Hoover, Abby Green, Kelsey Brown, Chelsea Smith.





## JV Danz team



Front Row: Tina Schempp, Brianna Wight, Tana Friesth, Maggie Denison.

## Varsity Danz team

Placed 3rd at Regionals



First Row: Alison Langston, Abbey Gessmann, Lauren Denison, Whitney Lorenc, Meredith Coakley, Emily Hurm, Sonja Spray. Second Row: Sammie Johnson, Kayla Lewis, Laura Mulholland, Crista Beason, Amanda Thrasher.

## Drama

Fall- The Real Inspector Hound, Spring- The Primary English Class



First Row: Teresa Littmann, Lucy Yao, Soheila Yalpani, Shabrean Nead, Megan McCravy, Justine Blanchard. Second Row: Nick Amundson, Nathan Wilder-Smidt, Alli Pike, Xian Zhang, Sean Coughlin, Paul Miller, John

## Freshmen Football

Season\*Record: 7-2



Front Row: Scott Fluegel, Vincent Larson, Antonio Rodriguez, Kevin Christopher, David Temple, Tyler Foster-Stavneak, Austin Golightly. Second Row: Lance Nail, Casey Frisk, Casey Randall, Corey Pierce, Josh Merrit, Johnny Kimball, Nick Johnson. Third Row: Justin Krull, Blake Lewis, Kyle McDowell, Joseph Pavelko, Brad Gibson, Mike Slusark, Connor Elmitt. Fourth Row: Adam Richards, Luke Hernandez, Eric Reese, Kellen Johnson, Scott Cronin, Jeremy Johnson, Jon Hansen. Fifth row: Matt Bengtson, Eric Tubbs, Logan Volz, Matt Ogren, Sam Bjholm, Austin Strawhacker, Justin Cronin. Sixth Row: Kyle Thomann, Ben Kohles, Todd Sexton, Daniel Hall, Danny Cahill, Chris Ajluni. Seventh Row: Jonathan Bunting, Brock Morlan, Brandon Van Vleet, Derek Kohles, Tyler Shannon, Nick Sedgley, Josh Gowdy. Eighth Row: coach Wes Stover, coach Brian Reece, coach Matt Todd.

## Sophomore Football

Season Record: 1-8



Front Row: Spencer Reed, Peter Holmgren, Brett Turner, Jaryd White, Jon Shockey, Jim Hinchliff, Rob Lang, Jordan Clasen. Second Row: Corey Chancellor, Brandon Will, Matt Ness, Pat Freese, Eric Dreibelbeis, Cory Dennis, Jordan Wengert, Shane Lamb. Third Row: Alex Siemer, Ambrose Ball-Harney, Ryan Sievers, Tyler Miller, Dustin Van Zee, Grant Hayward, Brandon Betz. Fourth Row: James Evans, Ryan Knepper, Kaleb Foshe, Matt Tiller, Joel Bubeck, Kevin Messmaker, Patrick Klopfenstein. Fifth Row: Nathan Long, Mike Holowinski, Kyle McCracken, Jeff Courtright, Josh Bowen, Trever Holt, Brandon Thompson. Sixth Row: coach Ted Lehmen, coach Ted Christenson, coach Zach Christenson, coach Rodney Wiebers



## Varsity Football



Season Record: 6-4, Qualified for sub-state

Front Row: Bryan Andrus, Kris Grimes, Luke Bengtson, Zach Moses, Derek Retheford, Mike Amick. Second Row: Jake Hukee, Peter Langston, Josh Geneser, Mike Mertz, Jason Sparland, Scott Jennings, Ryan Waltz, Matt Dominguez, Steven King. Third Row: James Friestad, Alex Nelson, Nathan McGinnis, Jake Goedken, Billy Guisto, Chase Moffitt, Jason Arment, Stephen Ites. Fourth Row: Jay Warren, Alex Miller, Micheal Darling, Randall Chamberlin, Yasha Ghaffarzadeh, Derek Deer, Brian McCrea. Fifth Row: Greg Olson, Joel Quick, Cory Shannon, A.J. Kohles, Ben Langwith, Nate Maple, Ryan Bole. Sixth Row: Reed Wilson, Carson Hughes, Brenden Furrow, Andrew Doudna, Brandon Seyer, Paul Peppmeier. Seventh Row: coach Nick Durand, coach Brian Vaughan, coach Mike McCune, coach Brian Woodley, coach Brian Vaughn, coach Bret Ksiazek.

## Boys' Golf

13th at state



Front Row: Brandon Behanish, Nate Miller, Jordan Olson, Jake Baltzley, Taylor Egly, Patrick Xu, Dan Haight, Erik Morton, Ryan Dicky, Thomas Schweitzer. Second Row: Nathan Pirie, Jeff Townsend, Seth McClellan, Ryan Bass, Jeff Munn, Jake Walahoski, Kyle Mentzer, Adam Krultz, Brian Allison, Christopher Williamson.

## Girls' Golf

9 Hole Average: 224



Front Row: Shelly Ward, Annette Beswick, Jessica Upton, Katie Battani. Second Row: Katie Caldwell, Whitney Bryant, Nicole Jansen, Cindy Hunting, Ashley Oeltjenbruns. Third Row: coach Jason Kirkpatrick, Brianna Upton, Elizabeth Janes, Alyssa Mueller, Kelly Johnson, Whitney Warne, coach Steve Smith.

## Innovation



Front Row: Allison Thomann, Veronica Hanson, Meredith Crowder, Natasha Kim, Jenna Craggs, Becca Smith. Second Row: Russ Wiskirchen, Justine Blanchard, Alex Grasso, Jason Holland, Jim Heldt, Scott Jennings, Ashley Meek, Alex Hammer. Third Row: Tom Danielson, Erin Sams, Brian Underwood, Zach Moses, Justin Steggerda, Whitney Warne, Mitch Cline, John Jacobsen, Greg Patten, Lindsay Gilbert. Fourth Row: Jordan Seaberg, Kathryn Amendt, Kiley Waltz, Josh Carlson, Steffi Smith, Annie Schwartz, Steven Walter, Lauren Butterwick, Meredith Cronin, Sean Coughlin, Laura Mulholland, Amanda Hyde, Mike Eittreim, Mitch Cline, Brittany Westercamp, Andy Goers, Mikaela Donaldson, Liz Timmins, Jim Hinchliff.

## Jazz Band



Front Row: LauraBeth Vander Ploeg, Alec Beck-Cross, Alexis Buchanan, Joelle Blanchard, Josh Bowen. Second Row: Brendan Rutherford, Ryan Dickey, Fifi Albatche, Jessica Wilson, Erin Sams, Kelsey Hyde, Kelsey Kramer. Third Row: Doug Fuller, Derek Deer, Brianna Upton, Kristen Turnblad, Charli Richter, Mallory McKinley, Sarah Mueller, Julia Zhang, Austin Strawhacker, John Miller.



Groupshots



## Jazz Ensemble



Front Row: Nick McKinley. Second Row: Jordan Seaberg, Josh Carlson, Katie Battani, Caryn Albrecht, Kelly Albrecht, Annie Schunicht, Mike Pray. Third Row: Chris Williamson, Frank Roggio, Ryan Waltz, Erik Mortens, Mitch Cline, David Blume, Scott Walter, David Luepke.

## Jazz Lab



Front Row: Kelli Zimmer, Megan Kempf, TK Kanauss, Krista Bowers, Abby Bowman, Jordan Olson. Second Row: Laz French, Brad Nelson, Danny Fitzgerald, Saliya Wijeratne, Michael Skeens, William Lowe, Emilie Seda, Jenni Hahn, Kelly Albrecht.

## Jets



Front Row: Lucy Yao, Xian Zhang, Ryan Olson, Molin Zhong. Second Row: Mike Pray, Lan Wuang, Laura Stoeker, Li Zhen, Ali Keenan. Third Row: Jeremy Cordes, Cole Anagnost, Erin Clark, Kurt Larson.

## Jr.Sr. Board

## Sr. breakfast, Class day



Front Row: Jessica Wheeler, Laura Mulholland, Kayla Flanigan. Second Row: Justin Steggerda, Tom Danielson, Ryan Waltz, Steph Cameron, Justin Young.

## Boys' Mixed Chorus



Front Row: Eric Barks, John Jacobsen, Justin Steggerda, Jim Heldt, Eric Dreibelbeis, Jim Hinchliff, Ben Scott, Kyle Phillips, Matt Carlson, Ryan Knepper, Russ Wiskirchen, Tyler Buller. Second Row: Dan Engstrom, Gerrit Hansen, Brandon Betz, Scott Jennings, Jeremiah Keltner, Casey Overberg, Jaryd White, Greg Patten, Zach Moses, Nathan Morales, Alec Beck-Cross, John Miller, Joe Schmidt, Eric Tubbs. Third Row: Tyler Biggs, Jacob Garland, Dan Haight, Kevin Herink, Mike Eittreim, Brian Underwood, Spencer Reed, Chris Williamson, Steven Walter, Dan Kurns, Andy Goers, Matt Bole. Fourth Row: Colby Elmitt, Peter Ostiguy, Joel Schreiber, Zach Cooper, Jordan Seaberg, Tim Sanders, Alex Hammer, Colin Seibert, Alex Grasso, Mitch Cline, Nick Scholten, Brian Smith.



## Girls' Mixed Chorus



Front Row: Bethany Landwehr, Emily White, Jenny Wu, Falya Tingley, Carol Albatches, Becca Smith, Veronica Hansen, Brittany Westercamp, Lindsay Gilbert, Ashley Meek, Mickaela Donaldson, Alexis Van Vleet, Kiley Waltz, Stephanie Bunting, Caryn Albrecht. Second Row: Lacie Woods, Jenna Reiter, Liz Timmins, Amy Konz, Kamilla Gaiazova, Kathryn Amendt, Meredith Crowder, Allison Thomann, Natasha Kim, Abby Lewton, Jenna Hukee, Lindsey McCulley, Steffi Smith, Claire Lekwa, Justine Blanchard, Jamie Reimann. Third Row: Elizabeth Dieseth, Jenna Petersen, Chelsea Hulett, Sarah Reese, Amanda Jones, Lauryn Tosch, Amanda Cook, Lauren Thompson, Chelsea Wenndt, Amanda Thrasher, Alma Hadziomerovic, Mary Tometich, Ashley Oeltjenbruns, Kelly Albrecht, Stephanie Bittner, Stacy Syroka, Annie Schwartz, Rachel Broich, Erin Sams, Ashley Raes, Carley Shingledecker. Fourth Row: Megan Danielson, Emily McPherson, Krysten Steen, Emily DePenning, Jessica DeBruin, Ashley Zenor, Emily Vander Ploeg, Beth Hanigan, Mackenzie Lang, Jessica Villegas, Lindsey Ranney, Whitney Warne, Alyssa Mueller, Lauren Butterwick, Bethany Glendenning, Meredith Cronin, Megan Dean, Laura Mulholland, Sarah Johnson, Jenna Craggs, Allison Dzubak, Amanda Hyde, Sarah Butitta, Naomi Becvar, Ashley Aller.

## Mock Trial

## 1 team to Nationals



Front Row: Tana Friesth, Tyler Buller, Jenna Jewell, Pam Brande, Bethany Landwehr, Sara- Embrey, Soheila Yalpani, Todd Herink, Sam Leahy, David Blume. Second Row: Kristen Strawhacker, Julia Zhang, Ashley Oeltjenbruns, Laura Copeland, Eric Dreibelbeis, Anna Burford, Katie Hlavka, Nina Lu, Justine Blanchard, Annie Schunicht, Kyle Mandsager, Katie Battani, Ryan Olson. Third Row: Abby Bowman, Hannah Levine, Katie Howe, Krista Bowers, Jenny Wu, Mike Pray, Allison Dzubak, Brent Haskins, Nick McKinley, Jacob Garland, Xian Zhang, Sonja Spray. Fourth Row: Kelsey Kramer, Diane Brown, Peter Ostiguy, Alyssa Mueller, Jasmina Sarajlija, Alex Grasso, Austin Fiala, Chris Ajluni, Scott Walter, Cole Anagnost.

## Newspaper

## Quill and Scroll Gallup award winner



Left- Front Row: Emily Bibler, Kristin Boscailon, Lindsey Keast, Molly Hansen, Tyler Buller, Jane Sluzark. Second Row: Mark Smart, Kristen Carter, Monica Goedken, Cory Chancellor, Brecca Hoffman. Third Row: Claire Lekwa, Katie McDonald, Mallory Beck, Kelsey Dicken, Jake Hukee, Emily McPherson. Front Row: Jim Heldt, Chelsea Smith, Katie Hlavka, Stephen Ites, Elise Mullen, Lia Yoon. Second Row: Chris Sigmund, Sonja Spray, John Kennedy, Mike Slusark.

## National Honor Society



Front Row: Ashley Weaver, Sheena Wendel, Steph Cameron, Nina Lu, Veronica Hansen, Lindsay Gilbert, Toni Chrisman. Second Row: Devon Leslie, Liz Wong, Tiffany Barz, Abbie Toney, Meredith Coakley, Rachel Vorm, Rachel Hokscho, Liz Swanson. Third Row: Mike Pray, Scott Walter, Kevin Hanigan, Aaron Clark, Keegan McAllister, Adam Shu, Bryan Junge, Jim Heldt, Kyle Mandsager, Jeremy Cordes.

## SAIL



Front Row: Ellen Larson, Nina Lu, Becca Paszkiewicz. Second Row: Steph Nyquist, Sara Embrey, Ashley Oeltjenbruns, Amanda Cook, Annie Schwartz, Justine Blanchard, Jessica Wheeler, Whitney Warne, Greg Patten. Third Row: Emily Phelps, Alyssa Mueller, Tom Danielson, Brandon Swett, Tim Sanders, Steven Walter, Sean Coughlin.





## JJV Boys' Soccer



Front Row: Nick Bussanmus, James Frizzel, Mike Holowinski, Nik Christensen, Tyler Buller, Dan Kurns, Luke Knee, Matt Burch. Second Row: Korie McGinnins, Damir Batalevic, Matt Meyers, Mark Voyek, Johnny Kimball, Logan Keenan, William Lowe, Josh Belner, Lan Huang. Third Row: Randall Chamberlin, John Jacobsen, Zlatan Pajser, Nathan Morales, Erik Mortens, Dane Larson, Troy Nielsen, Klay Queck, Todd Sonner, coach Eric Peterson.

## JV Boys' Soccer

Season Record: 11-3



Front Row: Tyler Brown, Matt Carlson, Jake Pike, Matt Brown, Drew Armstrong, Spencer Reed, Alex Christensen, Ryan Steinkamp. Second Row: Peter Holmgren, Ryan Dickey, Peter Blutt, Andy Goers, Aaron Bailey, Matt Burch, John Stradley, Matt Sandmann, Brian Smith. Third Row: Randall Chamberlin, Calvin Vernon, Dylan Kimsey, Nick Scholten, Ben Scott, Ross Jennings, Kyle Phillips, Evan Schutz, Yasha Ghaffarzadeh, Arash Mirian, coach Russ Fortune.

## Varsity Boys' Soccer

Season Record: 11-5



Front Row: Nathan Pirie, John Rippel, Justin Steggerda, Derek Merkler, Jaryd White, Chris Heffling, Billy Koch. Second Row: Mike Mertz, Ben Langwith, Steven King, Calvin Vernon, Cory Shannon, Reid Baker, Niles Bailey. Third Row: Randall Chamberlin, Colin Seibert, Cam Heverly, Jake Haden, Jason Sparland, Ernad Jashic, Darko Valentic, Ryan Waltz, Matt Dominguez, coach Matt Todd.

## JJV Girls' Soccer

Season Record: 8-4



Front Row: Sarah Taylor, Chelsea Connelly, Rachel Vorm, Jenna Hukee, Vicky Preljovic, Erin Couture, Beth Hanigan. Second Row: Danielle Van Langen, Sherry House, Bridget Mahony, Kristin Boscaljon, Dani Martinson, Jill Borich, Abby Lewton, Samra Uzonovic. Third Row: Meghean Skinner, Taylor Grieve, Alison Glenn, Kelly Albrecht, Hannah Wagner, Keriann Rupp, Lia Yoon, Amanda Hatfield.

## JV Girls Soccer

Season Record: 9-3



Front Row: Michele Gunderson, Steph Wilmore, Alex Kovacevich, Veronica Hanson, Annie Schwartz, Ashley Wheeldon. Second Row: Jenna Lammers, Karina Baymiller, Heather Wendel, Lauren Whitney, Sandra Rodriguez, Megan Danielson, Rhianna Harm. Third Row: Kelsey Kovacevich, Abby Davis, Kristen Strawhacker, Abby Gumina, Emily O'Keefe.



## Varsity Girls' Soccer

Season Record: 12-2, placed second at state



Front Row: Sarah Schultz, Molly Hanson, Amanda Lower, Abby Davis, Kelsey Kovacevich. Second Row: Ashley DuBay, Dani Postel, Becky Heffling, Megan Ware, Tayler Vestal, Keni Schroeder. Third Row: Kelsey Dicken, Tiffany Wendel, Kelsey Brown, Meredith Manning, Mallory Beck, Micah Casey, Steph Cameron.

## Softball

Season Record: 38-11



Front Row: Steph Williams, Abby Morris, Libbie Reichling, Sara Embrey, Annie Schunicht. Second Row: Ashley Kilby, Sarah Peppmeier, Mindy Schoop, Courtney Wirtz, Hannah Miller, Jenna Jewell, Jessica Hoover.

## Sound Advice



Front Row: Sammie Johnson, Michelle Cross, Megan Danielson, Amanda Lower. Second Row: Matt Birch, Ashley Bedord, Josh Belner, Emily Seda, John Peitzman, Hannah Wagner, Sam Leahy, Becky Heffling, Brianna Upton, Brenton Hankins, Lisa Heath. Third Row: Emily McPherson, Jenalee Williams, Kyle Phillips, Alyssa Ciarimboli, Emily VanderPloeg, Frank Baxter, Kelsey Kramer, Makea Sanders, Kyle Thomann, Lauren Tosch, Ben Scott, Micah Casey. Fourth Row: Todd Sexton, Mackenzie Lang, Blake Wheeler, Taylor Adams, Jasmine Riley, Chris Pilkington, Emily Kuster, Klay Queck, Mallory McKinley, Ashley Zenor, Megan Bendixen, Aaron Lehman, Alexis Buchanan, Ricky Rodriguez.

## Student Council



Front Row: Laura Mulholland, Molly Hanson, Liz Timmins, Susan Clausen, Amanda Cook, Nina Lu. Second Row: Kevin Hanigan, Steven Walter, Peter Holmgren, Kyle Mandsager, Paul Selberg. Third Row: Austin Fiala, Tom Danielson, Daniel Rottenberg, Derek Retherford, Alex Hammer, Zach Swoyer.

## Boys' Swimming

Season Record: 4-3



Front Row: Roy Choi, Kyle Mandsager, Kevin Hanigan. Second Row: Parker Watson, Andrew Monsier, John Borke, Colby Judd, David Hughes, Tim Sanders, Adi Feriz, Kyle Landsburger, Ben Choi. Third Row: Nick Wilkins, Tyler Swett, Ben Hokscho, Partick Hanson, Cory Weaver, Sam Schroeder, Brandon Swett, Nathan Mierad.



Groupshots



## Girls' Swimming

10th at State



Front Row: Katie Richman, Liz Wong, Rachel Hokscho, Leng Vong, Allie Mackey, Gwen Meyer. Second Row: Casey Applegate, Maggie Mountsier, Julia Kottke, Erica King, Mallory Howard, Erin O'Conner, Lindsey Lee, Hannah Smith, Claire Lekwa, Megan Danielson, Sarah Mueller, Katie Luksetich. Third Row: Sara Cutter, Danielle Meyer, Rachel Lippincott, Danica Dumber, Michelle Gillotti, Alex Frakes, Kelsey Knight, Laura Albright.

## JV Boys' Tennis

Season Record: 8-0



Front Row: Josh Kintz, Pavel Kazatsker, Alex Grasso, Blane Chesnut, Jesse Pullen, Molin Zhong, Brandon Pruitt, Logan Koch, Josh Meritt, Jeremiah Cooper. Second Row: Billy Guisto, Li Zhen, Matthew Schultz, Chase Moffitt, Jeff Townsend, Andy Pullen, Trevor Pullen, Scott Sauber, Eric Streng, Nate Miller, Jason Deal, Trevor Holt, Ryan Bass. Third Row: Jeff Messerly, Hongdi Bai, Eric Holt, Evan Stone, Tim Sanders, Adam Eckhart, Greg Hefner, Sean Bruce, Riley Ritcher, Gerrit Hansen.

## Varsity Boys' Tennis

Season Record: 11-1



Front Row: Curtis Froehlich, Drew Imhoff, Joe Shaw, Jim Heldt, Ian Tayner. Second Row: Alex Miller, Joey Verrant,

## JV Girls' Tennis



Front Row: Kelsey Hyde, Lindsay Keast, Jenna Winzeburg, Megan Bendixen, Julia Zhang, Ashley Zenor, Sarah Mueller, Rachel Winterbottom, Laura Messerly, Katie Luksetich. Second Row: Jessica Wilson, Xian Zhang, Sonja Spray, Larrisa French, Dawn Wilkens, Krista Bowers, Emily McPherson, Alyssa Ciarimboli, Michelle Gillotti, Claire Lekwa, Annie Schunicht. Third Row: Ashley Dominguez, Carol Albathe, Lauryn Tosch, Fifi Albathe, Alecia Eggers, Lindsey Mabe, Rachel Bassell, Hannah Levine, Jenna Craggs. Fourth Row: coach Sarah Gibson, Amy Konz, Jessica Villegas, Ali Norelius, Jasmina Sarajlija, Jenny Wu, Krysten Steen, Becca Paszkiewicz, Brianna Wight, Juliana McCoy, coach Deb Nicholson.

## Varsity Girls' Tennis

Season Record: 3-7



Front Row: Veronica Hanson, Ashley Weaver, Nina Lu, Katie Hlavka, Jenna Woody. Second Row: Amanda Jones, Stephanie Nyquist, Rebecca Casciato, Allison Dzubak. Third Row: coach Deb Nicholson, Abby Miller, Annie Schwartz, Wendy Xu, Emily Kuster, Susan Clausen, Lauren Turner, coach Sarah Gibson.



## Boys' Track

Qualified 8 events for state



Front Row: Derek Deer, Kevin Hanigan, Anthony Celia, Tommy Avaux. Second Row: Nathan Peterson, Grant Hayward, Partick Klopfenstein, Jeff Hoobin, Ambrose Ball-Harney, Ryan Sievers, Kaleb Foshe, Jeff Courtright, Levie Dulesloger. Third Row: Colby Elmitt, Brian Underwood, Hunter Watkins, Mark Smart, Tyler Foster, Bryan Messmaker, Adi Feriz, Scott Croenen. Fourth Row: Rob Lang, Matt Bole, Jordan Seaberg, Brenton Hankins, Tyler Shannon, Andrew Doudna, Joel QuickDan Bjornholm, Austin Strawhacker. Fifth Row: Nick Ceolla, Peter Ostiguy, Joe Thuente, Brandon Betz, James Friestad, Carson Hughes, Josh Bowen, Trevor Kruger, Eric Tubbs. Sixth Row: Eric Dreibelbeis, Cody Verhul, Scott Byird, Jake Goedken, Earl Hammth, Alex Miller, Jay Warren. Seventh Row: coach George Sypnewski, coach Patrick Honcomp, coach Brian Woody, coach Chris Siewert, coach Pat Hennes.

## Girls' Track

13 Girls Qualified for state



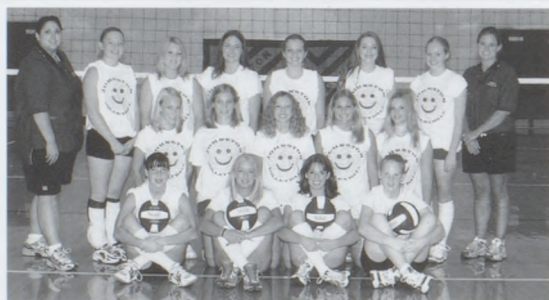
Front Row: Makea Sanders, Alexis Buchanan, Emeri Sams, Berhane Traylor, Laura Valencia, Erica Eaves, Taylor Gowey, Ashley Meade, Kristen Strawhacker. Second Row: Jenalee Williams, Felicia Hoover, Taylor Grieve, Chelsea Beason, Katie Luksetich, Nicole Gibson, Jenny Wu, Megan Samson, Carley Hammer, Liz Wong. Third Row: Julia Rude, Kamellia Gaidowich, Silvia Fouch, Teresa Littmann, Grace Meiners, Amanda Hyde, Liz Hilby, Mackenzie Lang, Jenna Jewell, Sara Embrey, Christa Beason, Jennifer DeWaard. Fourth Row: coach Rick Rynning, coach Greg Oldham, Charli Richter, Chelsea Smith, Ashley Williams, Martha Meiners, Jessica Mitchell, Katie Johnson, Abbie Toney, Lori Bjork, Emily DePenning, Sarah Reece, Anne Ruebelke, Erica Weirich, Sarah Timmons, coach Dave Beason, coach Chris Siewert.

## TSA



Front Row: Zack Emmerson, Brad Nelson, Tim Glass, Danny Fitzerrell. Second Row: Kyle Catron, Jeremiah Cooper, Jake Walahoski, Ryan Mayer.

## Freshman Volleyball



Front Row: Kelsey Kovacevich, Susan Clausen, Lauren Whitney, Claire Thompson. Second Row: Jenalee Williams, Emily Kuster, Sarah Froehlich, Danielle Rowen, Carrisa Niederkorn. Third Row: coach Angie Kirton, Lindsey Cosgriff, Heather Will, Megen DeLanoit, Erica Warren, Sarah Buchholz, Abbie Symonds, coach Sarah Gibson.

## JV Volleyball



Front Row: Becca Paskiewicz, Erin Newbury, Mindy Schoop, Sara Embrey. Second Row: Emily Phelps, Steph Nyquist, Lauren Butterwick, Alyssa Mueller.



Groupshots



## Varsity Volleyball

Season Record: 23-12



Front Row: Lindsay Keast, Kaylynn Williams, Katie Johnson, Abbie Toney, Amy Clausen, Steph Cameron.  
Second Row: Brenna Smith, Kortni Stocker, Ashley Kilby, Kalya Flanigan, Sara Embrey, Lauren Butterwick, coach Rick Brooks.

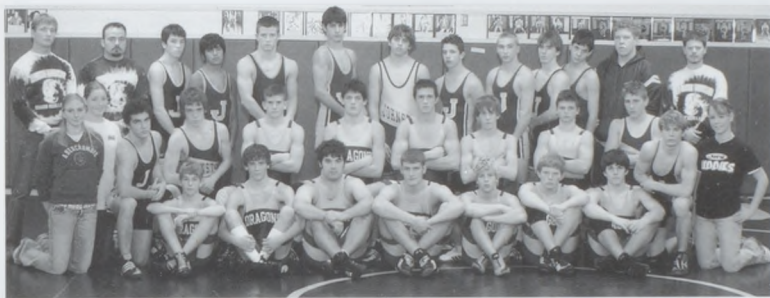
## Wind Symphony



Front Row: LauraBeth Vander Ploeg, Jessica Droogsma, Kaitlyn Summit, Brecca Hoffman, Jay Reimann, Jennifer Petersen, Sheena Wendel, Kristen Turnblad.  
Second Row: Eric Williamson, Katie Battani, Stacie Bendixen, Sarah Eckhart, Lindsay Nelson, Erica Geels, Amy Geels, Kathryn Amendt. Third Row: Kurt Larson, David Luepke, Bryce Augustine, Scott Walter, Marie Mock, Lindsay Keast, Jessica Upton. Fourth Row: Kelly Albrecht, Mallory McCarty, James Miao, Jessica Wilson, Sonja Spray, Matt Johnson, Annie Schunicht, Ellen Larson, Bethany Landwehr. Fifth Row: Jordan Seaberg, Josh Carlson, Elizabeth Dieseth, Ryan Waltz, Nick McKinley, Allison Dzubak, Alex Grasso, Robby Evans. Sixth Row: Nate Miller, Erik Mortens, Brendon Retherford, Doug Fuller, Frank Roggio, Derek Deer, Caryn Albrecht, Tim Sanders.

## Wrestling

Qualified for State



Front Row: Adam Richards, Nick Bussammas, Josh Geneser, Zach Swoyer, Pat Freese, Kaleb Foshe, Eric Dreibelbeis. Second Row: Sarah Reese, Courtney Badgley, Matt Dominguez, Ryan Dickey, Jim Hinchliff, Tim Gannon, Scott Jennings, Jordan Lampe, Eric Reese, Topher Riddle, Kyle McDowell, Alicia Richards. Third Row: coach Matt Jensen, coach Patrick Honkomp, Shawn Dickerson, Ricky Rodriguez, Joel Bubeck, Vince Larson, Kyle Thomann, Brett Turner, Matt Brown, Todd Sexton, Trevor Baker, Brandon Betz, coach Brian Reece.

## Yearbook

Inducted into NSPA Hall of Fame



First Row: Rachel Vorm, Megen O'Toole, Alicia Corron, Steph Cameron. Second Row: Afton Simpson, Stacie Bendixen, Amanda Kennedy, Ashley Meade, Jessica Droogsma, Shaina White. Third Row: Sheena Wendel, Kristen Boscaljon. Tyler Swett, Rebekka Broeker, Nicole Jansen, Stacie Schafer, Lindsey Lockner.



# Boosters

## **ABC Children's Store**

5500 Merle Hay Road  
Johnston, Iowa 50131  
(515) 331-8995

## **Advanced Chiro. Dr. Robert A. Coons**

6401 Douglas Ave., # 12  
Urbandale, Iowa 50322  
(515) 278-0363

## **Big Red Quickprint**

3839 Merle Hay Road  
Suite 160  
Des Moines, Iowa 50310  
(515) 270-0700

## **Böwe Bell & Howell Mailing Systems**

7717 Goodman Drive  
Urbandale, Iowa 50322  
(515) 278-2596

## **Capital City Coins**

7560 Hickman Road  
Des Moines, Iowa 50322  
(515) 276-9352

## **ChildServe**

5406 Merle Hay Road  
Johnston, Iowa 50131  
(515) 727-8750

## **China Café**

5969 Merle Hay Road  
Johnston, Iowa 50131  
(515) 276-6688

## **Chopsticks**

5500 Merle Hay Road  
Suite L  
Johnston, Iowa 50131  
(515) 727-5136

## **Christenson Lawn Service**

5324 NW 88th Court  
Johnston, Iowa 50131  
(515) 254-2528

## **Cleaners on Merle Hay**

5460 Merle Hay Road  
Johnston, Iowa 50131  
(515) 270-2501

## **Coffee Merchant**

5800 Merle Hay Road  
Johnston, Iowa 50131  
(515) 331-2535

## **Copy and Parcel Depot**

5353 Merle Hay Road  
Johnston, Iowa 50131  
(515) 278-2601

## **Creative Corner Inc.**

332 Fifth Street  
West Des Moines, Iowa  
50265  
(515) 255-7262

## **Crown Cleaners**

3850 NW 100th Street  
Urbandale, Iowa 50322  
(515) 334-0777

## **Curves for Women**

6110 NW 86th Street  
Johnston, Iowa 50131  
(515) 331-6523

## **Dairy Queen**

6150 Merle Hay Road  
Johnston, Iowa 50131  
(515) 278-5904

## **Davis Equipment Corporation**

5225 NW Beaver Drive  
Johnston, Iowa 50131  
(515) 270-8300

## **Ebert Painting**

Renovation Specialist:  
Phil Ebert  
(515) 243-5634

## **Elan Salon**

200 Gateway Drive #105  
Grimes, Iowa 50111  
(515) 986-4909

## **Fareway Inc.**

351 Gateway Drive  
Grimes, Iowa 50111  
(515) 986-2023

## **The Farmhouse**

10,000 NW 70th Ave.  
Grimes, Iowa 50111  
(515) 986-3628

## **FastFrame**

5800 Merle Hay Road  
Suite #4  
Johnston, Iowa 50131  
(515) 253-0033

## **Four Corners Feed**

5919 NW 62nd Ave.  
Johnston, Iowa 50131  
(515) 276-0791

## **Friedrichs Coffee**

4632 86th Street  
Urbandale, Iowa 50322  
(515) 278-5050

## **Gegner Company PC**

5408 NW 88th St  
Johnston, Iowa 50131  
(515) 727-5700

## **Geysa Tailor**

6827 Douglas Ave.  
Urbandale, Iowa 50322  
(515) 276-1833

## **Hungry Hobo**

3070 100<sup>th</sup> Street  
Urbandale, Iowa 50322  
(515) 254-9474

## **Iowa Countertops**

1903 Main Street P.O.  
Box 427  
Granger, Iowa 50109  
(515) 999-2500

## **Irwin's Bike and Sports**

5500 Merle Hay Road  
Johnston, Iowa 50131  
(515) 270-8304

## **John Deere Credit**

6400 NW 86<sup>th</sup> Street  
P.O. Box 6600  
Johnston, Iowa 50131  
(515) 267-3000

## **Johnston Barber Shop**

6180 Merle Hay Road  
Johnston, Iowa 50131  
(515) 276-9884

## **Karl Chevrolet Inc.**

1101 SE Oralabor Road  
Ankeny, Iowa 50021  
(515) 299-4300





# Thank you for your support.

## **Leeza Salon**

8040 Douglas Avenue  
Urbandale, Iowa  
(515) 252-0708

## **Linda's Hallmark**

8645 Douglas Ave.  
Urbandale, Iowa 50322  
(515) 276-4900

## **Malibu Gallery**

2755 86th Street  
Urbandale, Iowa 50322  
(515) 331-6533

## **Mary Kay (Julia Simpson)**

490 Bel Aire Drive  
Waukee, Iowa 50263  
(515) 480-2821

## **Martial Arts America**

621 S. Ankeny Boulevard  
Ankeny, Iowa 50031  
(515) 963-3494

## **Midwestern Culvert**

1114 SE Loren Drive  
Ankeny, Iowa 50031  
(515) 964-0497

## **Pizza Hut**

8134 Douglas Avenue  
Urbandale, Iowa 50322  
(515) 253-0003

## **Plaza Florist & Gifts**

6656 Douglas Avenue  
Des Moines, Iowa 50322  
(515) 276-4951

## **Preferred Pest Control**

5415 NW 88<sup>th</sup> Street  
Des Moines, Iowa 50131  
(515) 276-7277

## **The Purse Lady (Janet Bucher)**

6524 NW 95<sup>th</sup> Court  
Johnston, Iowa 50131  
(515) 986-5775

## **Quiznos Sub**

Convenient locations in  
Johnston and Urbandale.  
(515) 778-3336

## **R Jones Collision Repair**

4416 Merle Hay Road  
Des Moines, Iowa 50310  
(515) 278-4170

## **Rainbow Cleaning Machine**

4347 Merle Hay Road  
Des Moines, Iowa 50310  
(515) 276-2100

## **Salon West**

8820 Swanson Boulevard  
#102  
Clive, Iowa 50325  
(515) 278-0788

## **Scrap this Crop that**

3005 Merle Hay Road  
Des Moines, Iowa 50310  
(515) 251-4744

## **Shear Expressions**

308 1<sup>st</sup> Street  
Grimes, Iowa 50111  
(515) 986-3840

## **State Farm Insurance Greg Hoiekvam**

8515 Douglas Ave. #20  
Urbandale, Iowa 50323  
(515) 270-9090

## **Stout Insurance**

6521 Merle Hay Road  
Johnston, Iowa 50131  
(515) 276-0914

## **Subway**

11309 NW 54<sup>th</sup>  
Grimes, Iowa 50111  
(515) 986-9472

## **Subway**

5500 Merle Hay Road  
Johnston, Iowa 50131  
(515) 276-5131

## **Sunny's Salon**

In Merle Hay Mall  
Des Moines, Iowa 50310  
(515) 276-9472

## **Super Lube**

5258 Merle Hay Road  
Johnston, Iowa 50131  
(515) 276-8011

## **Tom Reis Prosthetics**

5460 Merle Hay Road  
Suite C  
Johnston, Iowa 50131  
(515) 254-0244

## **Toyota of Des Moines**

4475 Merle Hay Road  
Des Moines, Iowa 50310  
(515) 276-4911

## **Trostel's Greenbriar Restaurant**

5810 Merle Hay Road  
Johnston, Iowa 50131  
(515) 253-0124

## **United Contractors Inc.**

6678 NW 62<sup>nd</sup> Avenue  
Johnston, Iowa 50131  
(515) 276-6162

## **Urbandale Barbers**

3940 100<sup>th</sup> Street  
Urbandale, Iowa 50322  
(515) 276-0617

## **Village Vet Hospital**

5260 Merle Hay Road  
P.O. Box 465  
Johnston, Iowa 50131  
(515) 278-5531

## **Vision Clinic, P.C.**

2628 Beaver Avenue  
DSM, Iowa 50310  
(515) 274-4141

## **Woodfields Wood Furniture**

3250 100<sup>th</sup> Street  
Urbandale, Iowa 50322  
(515) 727-7977

## **Wells Fargo**

5880 Merle Hay Road  
Johnston, Iowa 50131  
(515) 237-5347



We are so proud of all  
that you are and all  
that you have  
accomplished. Your  
sunny and caring  
personality shines  
through in all that you  
do and touches the  
lives of those around  
you. Never change, we  
know that your future  
will be just as bright!  
Your family will always  
be cheering you on.



*Mom, Rich, Laura, Katie and Kelly*

Caryn Albrecht

Tiffany Barz



Congratulations, Tiffany!

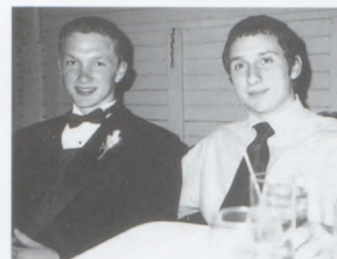


We could not be more proud of you and your  
outstanding high school accomplishments. The fun  
is just beginning. May all your dreams come true!

*Love always,  
Mom, Dad and Brent*

Brian and Kevin,  
On all the new roads you travel, may you always  
find someone to call "friend."

Best wishes and good luck!



*Love,  
Moms, Dads, Erik, Rebecca and Beth*

Brian Allison and Kevin Hanigan

Tyler Biggs



Congratulations Tyler,  
What a wonderful son you are! You  
have always made me **proud** and  
brought such joy to my life. You are an  
intelligent, focused, patient,  
compassionate young man that has a  
great sense of humor, but best of all, a  
positive outlook on life. This is obvious  
with all your accomplishments (so far),  
the great network of friends and the  
bright future ahead of you. It seems like  
only yesterday that I heard you  
speaking to your G.I. Joes and now it is  
the sound of the twisting of Rubik's  
cube (along with your great singing  
voice) that I hear! You have taken my  
teasing in stride (still think a mouse  
could thrive on the crumbs in your car),  
but I have always admired and believed  
in you. Just remember that you have  
the support of God and your family with  
you always.

*Love, Mom*

Way to go brother! You are a great  
Magic and Everquest player and a not-  
so-bad big brother!

*The Jerm*





We're so proud of you, Tom. We love you!



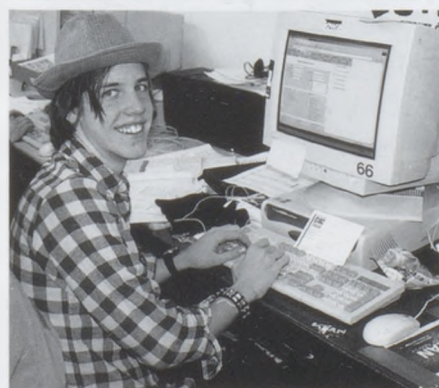
*Dad, Mom and Meredith*

Thomas Avaux

Woody Brenton



All the best to Woody for the future from his Mom and Dad, Victoria and Ted. Always the entertainer and looking for the action, we hope to be contestants on this game show.



From the moment you were placed in our arms, you have been the center of our world. The world is now before you. As we send you forward, remember God's word to you, "For I know the plans that I have for you, 'declares the Lord,' plans for welfare and not for calamity to give you a future and a hope." Jeremiah 29:11. We are so very proud of you and the young woman you have become.

*Love forever and  
always (\*butterfly,  
eskimo, kiss\*),  
Dad and Mom*



Kristin Baedke

Rachel Broich

You have brought so much joy to our lives. It is wonderful watching you grow and become such a great example for you brother and sister. The warmth of your smile is only overshadowed by the kindness of your heart. We are proud of you. God bless you.



*Love,  
Mom and Dad*





Steph,  
Ever since you started playing sports, we have watched you dive after many, many loose balls. Almost always, you bounced up with the ball and a big smile!

Your overall hustle, competitive nature and positive attitude will take you far in whatever you choose to do. You are kind and considerate and a friend to all. We have been truly blessed to have you as part of our lives. We are so proud of you!

*Love,*  
*Dad, Mom, Michael and Andrea*



Stephanie Cameron

Steve,  
Congratulations on your graduation! We are so proud of the young man you have become. High school is just the beginning. Set high goals, have some fun and stay the wonderful person that you are.

*Love,*  
*Mom, Dad and Joe*



Steven Cate

Derek Deer



Dear Derek,

You have achieved so much in so many short years. You have set high ideals and maintained those throughout high school. Now your dreams become goals, and your goals become reality. You are moving from a thought of Iowa State at age four to the reality at attending Iowa State in September 2004. You will go far in life if you just remember to keep the right balance with God, family and your school or work.

*Mom, Dad and Missy*

Kara Dell



Congratulations! You have accomplished so much and we are proud of you. You are a bright and wonderful person with a great outlook on life. Your perseverance will allow you to achieve your dreams. Even though the road ahead is not a simple one, you have what it takes to be successful.

We support you and love you very much.

*Love,*  
*Mom, Dad and Nick*







Amy,  
Thanks for all of the love, joy and laughter you brought to our lives. Your spirit, creativity and love of life will take you far. It will be exciting to see where God leads you...explore, dream and discover His purpose for your life. We are so proud of the young woman you have become, and we are excited about your future. Congratulations, Amy!

*We love you,  
Mom, Dad and Susan*

Amy Clausen

John Michael Dickerson



John Michael,  
You have always chosen your own road to travel. It hasn't always been easy, but you did it your way. May your roads in the future be smooth and the sun at your back. We will support you in whatever path life leads you down. We love you very much.

*Dad, Mom and Kasi*



To our MeMe-

Our little dancer is ready to step out onto her biggest stage yet! We are so proud of you and your accomplishments throughout school- you have been an excellent student, active church youth group member, piano player, as well as pursued your passion for dance both on the JHS Dance team as well as at your dance studio. You have a lot of people who look up to you!

We look forward to watching you continue forward to watching you head off to college next year (hopefully as a Hawk?!?) Wherever you go in life, just know we will always be in the wings cheering you on and waiting offstage, first to give you armfuls of roses!



*All our love,  
Mom, Dad, Courtney  
and Taylor*

Mereidth Coakely

Elizabeth Dieseth



From your parents and sister,  
may your life unfold as you desire,  
may you be successful in what you choose to do,  
may your new friends be as precious as those from Johnston.

And from your first mom, who has watched you grow from heaven, you were the joy of her short life, and we know she is very proud of you, Elizabeth.

*Spread your wings and fly like an eagle.*





Kayla,  
We are so lucky to  
have a wonderful  
daughter like you!  
You make us more  
proud every day.  
Live your life to the  
fullest and laugh  
every day - your  
smile is beautiful.

*All our love,  
Mom, Dad and Jessica*

Kayla Flanigan

Monica Goedken

Monica,  
Your graduation is a  
culmination of so many  
things that define you and  
your readiness for the  
future. It is so gratifying as  
parents to see what you've  
become...and recognize  
that you are prepared for so  
much more.



*All our love and pride  
Mom & Daddy*



Senior Ads

Ashleigh,

You are our shining star.  
We love you and we are  
proud of you.



*Love,  
Your Family*



Ashleigh Freese

Billy Guisto



**Congratulations Billy!**

Having watched you grow from a playful toddler  
into a strong young man, we are so proud of  
your smiling spirit and inner strength! Work hard  
to reach your goals and know we will always  
be here for you.

*We love you,  
Mom, Dad, Anne and Alex*





Jerry, Congratulations! It's been quite a journey with the best yet to come. You've brought so much fun and happiness to our lives. We're so proud of you and the person you've become. Know that you'll always have our love and support in all that you do.

Love,

Mom and Dad

"My Son, My Superstar!"  
-Dad



"My Son, My Friend"  
-Mom

Jerry Gamble

Chelsie Heetland



Chelsie,

We can't believe you're off to college already. We are so proud of all you've done. You have been a delight to watch grow and mature into a wonderful young lady. You are lots of fun and we'll miss you at the supper table. We know you'll do great in life. Stay positive, set high goals, work hard, don't forget to pray and remember, "God loves you" and so do we!

Mom, Dad, Kayla and Sadie



Your grandparents sang a song that went, "You must have been a beautiful baby, 'cause baby, look at you now!"

From the moment that baby with all the dark, curly hair came into our lives, you have exceeded every expectation we have ever had for you. You have become a poised, warm, caring, dedicated,

opinionated, smart, talented and happy young woman whom we love, of course, but more importantly, whom we really like a lot and admire!

Congratulations on all of your achievements so far, and we look forward to seeing what wonderful things your future has in store for you.

Love,

Mom, Dad and your  
entire family



Lindsey Gilbert

Jim Heldt



We are proud of your achievements in academics, athletics and music. From the little league pitcher with fire in his eyes to the senior tennis leader; from the first painful trumpet tunes to JJimT\*Sync and Innovation; from "What's this word?" to AP classes. We will miss you next year, but look forward to seeing what our "Bud" accomplishes next!

Love,

Dad, Mom and Danny

Reference





"To laugh often and much;  
To win the respect of intelligent people  
and the affection of children;  
To earn the appreciation of honest critics  
and endure the betrayal of false friends;  
To appreciate beauty, to find the best in others;  
To leave the world a bit better,  
whether by a healthy child, a garden patch  
or a redeemed social condition;  
To know even one life has breathed easier  
because you have lived.  
This is to have succeeded."

-Besse Stanley



Brecca, you've done all of these things and so much more. Congratulations on succeeding throughout your school years, and here's to your school years and here's to your continued success! You've learned a lot and taught us a lot too. We're so proud of the person you have become. Keep making those dreams of yours come true.

"Oh dream maker, you heart breaker... off to see the world, there's such a lot of world to see. We're after the same rainbow's end, waiting, 'round the bend..." It'll be so interesting to see what's around the bend. We know it'll be something great!  
-Henry Mancini and Johnny Mercer



*All our love,  
Mom and Dad*

Brecca Hoffman

Ashley Kilby

Ash,  
Congratulations on your high school career! We couldn't love you or be any more proud of you. You've been a successful student, a strong athlete with a lot of heart and most of all for being a daughter who is my best friend. I just want to say thanks for all the fun and memories, they will last a lifetime. Be strong and happy, you will always be successful. Your hard work and accomplishments will give you a great start for college.



*We love you and you can always count on us,  
Mom, Dad and Colin*



Jason,  
We were blessed the day you were born, you are such a joy in our lives. It has been fun watching you grow from our little boy into the talented young man that you are. You have been blessed with many gifts, we are so proud of you. Follow your dreams, we will always be there with our love and support. You truly are our shining star.

*Love you always,  
Mom, Ron and Jenny*

Jason Holland

AJ Kohles



We are so proud of you. We look forward to your future, with many rewards yet to come.

*Love, Mom and Dad*







Shannon, we are so proud of you!  
Did you ever think graduation day would come?  
It seems like you were a little girl yesterday. We  
love you!

*Good luck in your future!*  
*Love Mom, Dad, Sarah and the dogs!*

Shannon Huffman

Whitney Nicole Lorenc

What a blessing you have been to our family and  
friends. You have grown into such a wonderful person  
and enriched the lives of everyone you have touched,  
especially your mom and dad. We love you with all our  
hearts and know that whatever you do in your life you will  
stay true to yourself.



To My Beautiful Daughter,  
I Love You

You are a shining  
example of what a  
daughter can be-  
loving and compassionate  
beautiful and good  
honest and principled  
determined and independent  
sensitive and intelligent  
you are a shining  
example of what every parent  
wishes their daughter  
were and we are so very  
proud of you.

-Susan Polis Schutz



We love you! Your  
childhood memories will  
always be treasured. We  
hope all of your dreams  
and goals in life come  
true. You wear the crown  
like no one else can!

*Mom and Dad*



Kelsey Kellogg

Keegan L. McAllister



Thumbs up to a great young man. We are  
proud of you.

*Love, Mom, Dad and Leanna*





Jen,  
 Congratulations on reaching  
 this milestone - high school  
 graduation! As you continue on  
 your journey through life  
 remember to work hard,  
 dream, love, laugh and most of  
 all believe in yourself. You'll  
 always have our unconditional  
 love and support. The world is  
 waiting for you!



*Love,  
 Mom, Dad and Jessie*

Jenny McClanahan

Paul Peppmeier

Paul,  
 Thanks for all the love, joy and  
 laughter you have brought to our  
 family. It will be exciting to see  
 where your dreams will take you.  
 We are so proud of you.

*Love,  
 Dad, Mom and Sarah*



You were the first "man" in our lives.  
 You'll always be our "main man." We love  
 you so much, we're so proud of you.  
 Have a GREAT FUTURE.



*Love,  
 Mom, Heather, Heidi and Hollie*

Seth McClellan

Jennifer Peterson

Dear Jennifer,  
 We were both in awe when you  
 came into this world and your  
 journey of wonderment and  
 anticipation began. Time has  
 gone by much too fast as we  
 watched you grow into a beautiful  
 young woman. We are amazed  
 by your accomplishments in  
 academics, dance, band, leadership roles and mission trips. Never  
 lose your kind, giving, unassuming humble manner. We are thankful  
 for your love of God, family and friends. As you move on from high  
 school, mom and dad are anxious for your expanding journey of  
 wonderment, anticipations and wishing you success. You will always  
 hold a special place in our hearts.



*Love and hugs,  
 Mom and Dad  
 Nathan and Alex*





"If you approach each new person you meet in a spirit of adventure, you will find yourself endlessly fascinated by the new channels of thought and experience and personality that you encounter."

-Eleanor Roosevelt

*Nancy:*

*Lots of love,*

*Dad, Mom, Ann and John*



Nancy Miller

Amy,

We have seen you grow from a beautiful baby girl to a beautiful young woman. Your faith, kindness and truth have shown through you. We are so proud of the person you have become and no matter what the future holds, you can count on us for guidance and support.

*Love,*

*Dad, Mom, Ashley and Andrea*



Amy Osborn

Alli Pike

**Congratulations Alli!**

We are so proud of you and your amazing talents! You're so good at everything you set out to do. Your passion and perseverance have taken you this far and will continue to help you achieve the goals that lie ahead. We've really enjoyed watching you perform and blossom into that wonderful woman you are today. We

love your quick wit and humor, as most know you are so gifted in that area! Keep up the good work, keep on smiling and Alli, "You've really given US something to smile about!"

*We Love You So Much,  
Mom, Dad and Carli*



Nathan Pirie



Nathan,

Congratulations! We are very proud of you and all that you have accomplished. If we could have planned the perfect son and brother, we would not have put together a better person than you have become. Your charm, attitude, intelligence, athletic ability and personal integrity are qualities that we admire and cherish. Over the years as we watched you grow into a confident young man, we have been amazed at how easy you made this process look. Wherever life

takes you, your family will be behind you with our love and support. We wish you all the happiness and success in your future chapters of life.

*Love,*

*Mom, Dad, Dustin, Nicole and Collin*





Mallory,  
You are living proof that God really does answer prayers! You are a beautiful, creative woman with a mind of your own and we are so proud of the person you have become. Thank you for bringing so much laughter and love to our lives. We look forward, with excitement, to everything the future holds for you. Good luck in all that you do and know that whatever path your life takes, you will always have our love and prayers.



*We love you,  
Mom and Dad*



Mallory Rives

Laura Stoeker

You are a fantastic daughter and you are everything we dreamed you would be. Your perseverance is incredible, and your smile reflects the kindness and light in you.

We've loved every year with you and we look forward to calling you "Dr. Laura."

*Love,  
Mom, Dad, Jasen,  
Rebecca and Michael*



Congratulations Brandy Mae:

So much spirit right from the start, my first baby girl, you stole my heart. Growing more independent each day, you choose to do things your own way. Showing us you had no fear as a child, you were too daring and way too wild. I am so proud you proved those who doubted you wrong because I knew you could do it all along. With your diploma in your hand as you cross the stage, you now begin a new journey with this turning of the page. Girl, you gave us one heck of a fight, we pray your future will be happy and bright.

*Love and best wishes always,  
Mom, Dad, Kayla and Erica*



Brandy Russell

Kaitlyn Summitt

Kaitlyn,

We are proud of the young lady you've become. We wish you love and luck as you start your future journey. Stay true to yourself and you'll succeed in whatever path you choose to take.

*Love*

*Mom, Dad, Adam, Murray and Peety*







When we think of curls, we think of you. When we see smiles with squinting eyes, we think of you. When we watch a bundle of energy unfold, we know it's you. We see faces of Chaundra with actions of Alyssa and recognize it's you. With each passing day, we see you change and mature. These are the things that make you special and all combined, they are the unique and beautiful person you've become. Your future will be full of new adventures, and excitement so embrace each day with that smile and enjoy life to its fullest. We love you dearly!

Love,  
Mom, Alyssa and Chaundra

Brenna Smith

Lizz Swanson

Lizz,  
It's simply amazing how you have grown chronologically, physically, mentally and so socially so quickly. It seems like just yesterday when we brought you home from the hospital-screaming mad-the good news is that only lasted for six to seven years. It's been a true joy watching you grow from our "Little Redhead" to "Wedge" to "Lizzard" and now to a young woman. You have lived life to its fullest while experiencing so much in your first seventeen years. Remember to set your goals high, always believe in yourself, never hesitate to ask us for guidance or assistance and be thankful for all that you have. It's also very important to know that everyone you come in contact with can teach you something, even those who teach you what not to be. Praise others often when they deserve it, except, praise proudly and never fail to celebrate success.



*You have been one of our two greatest blessings, we hope you know how much we love you and that we couldn't be prouder.*

*With all of our love,  
Mom and Dad!*

Matthew,  
"Go as far as you can see. When you get there, you can see farther."  
YEAHHHHHHH, BABY!!!!  
How 'bout those cyclops?  
Dad, Mom, Mike and J.D.



Matthew Stange

Jenny Traxel

Jenny,

Congratulations! We are so proud of you! It's been fun watching you grow into such a beautiful and responsible young lady. We will miss you next year, but remember we are always here for you. Keep your faith and follow your dreams.

Love,  
Mom, Bob, Foofie and Mike





Mike,  
You will always be our "muffin man." Thanks for bringing us so much joy and laughter. Build a life you will always be proud of.



*Love You,  
Mom and Dad*

Mike Walker

Sheena Wendel

Congratulations, Sheena!  
You are such a wonderful daughter and have made life for us as parents easy, proud and so rewarding. Continue to work hard and be responsible in all you do and your college years and life beyond will be filled with success and happiness.



*We love you!  
Mom, Dad, Tiffany and Heather*



Senior Ads



Scott,  
Your God given talents and drive to push yourself to do your best have produced amazing results, "Mr. National Merit Scholar"!!! We're all so proud of your accomplishments. Your hard work has opened a world of opportunities before you. Continue to challenge yourself as you tackle the "marathons" of life and you'll never have reason to regret the results.

*Love,  
Mom, Dad, Steven, Eric and EmmaGrace*

Scott Walter

Nash Wiley

Nash-  
We wish all the best life has to offer. Your creativity, great sense of humor and love for life will take you far.



*Love you lots,  
Dad, Mom, Jen and Adam*

Remember= "We had lunch, you were sleeping."



Ryan,  
For 18 years you have given  
us all you have to give. You  
have been blessed with many  
gifts, so continue to share  
those gifts with others.

Remember your roots and  
the love of your family, we are  
always here for you.

Go now and find your place  
in the wonderful world. Each  
and every day remember to do  
your best, do the right thing  
always and treat others the  
way you want to be treated.

*Love,  
Mom, Dad, Kiley, Tyler  
and Chelsea*



Ryan Waltz

Allie:

Look to your bright future and you will achieve  
your goals. We are proud to be your parents  
and will always be here for you.



*Much Love,  
Mom, Dad and Sarah*

Allie Warner

Liz Wong

Liz, we are so proud of you  
and love you very much.

You are such a blessing in  
our lives. We have watched  
you grow up from a fun-  
loving little girl into a  
beautiful young woman.

You have many gifts and  
talents and we are excited  
about where God will lead  
you in the years ahead.

*Love, Mom, Dad and Phil*



Justin Young

Justin,

You have truly been a gift to us and have filled our  
home with love and laughter. We are so proud of  
all your accomplishments and the wonderful  
young man that you are. Always remember our  
love and support will be yours forever.

*Love,  
Mom and Dad*







Sophomore Eric Barks looks through his Yu-Gi-Oh! cards. In his freshman year, a friend told him about the cards. Barks asked his parents for money for the cards, and they granted his request. He competed with fellow players in games. *photo by Meade*



Roasting a marshmallow by the campfire, senior Mike Amick enjoys himself at the Outdoor Pursuits campout. Amick and the others in his class enjoyed rock climbing, horseback riding and other activities. *photo by Afton Simpson*



Freshman Sammie Johnson sings a ballad with the rest of Sound Advice. "It was fun being around friends while singing and dancing," Johnson said. Although, according to Johnson, it took a while for them to start working together. *photo by Stacie Bendixen*

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The following is a listing of every person and place in the book, as well as the names of our sponsors in bold. The page numbers of each spread (boys' basketball, for example) can also be found here. Along the sides of these pages, enjoy selected highlights of an out of breath year.

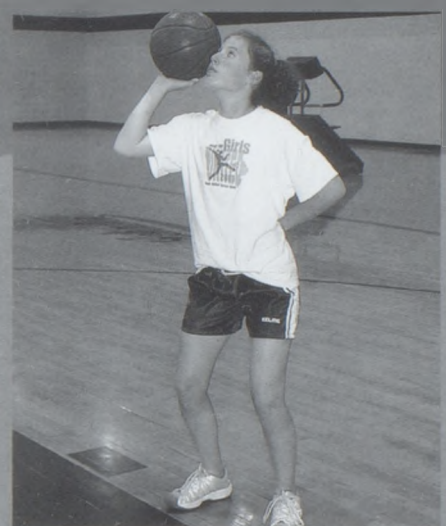
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Handing out chips to students at the cookout, sophomore Liz Timmins monitors the students' activities. The money for the barbeque came from an award the students won for good sportsmanship in the state basketball game. *photo by Amanda Kennedy*



Focusing on the hoop, freshman Abby Davis sets up a shot at a Community Education basketball camp in June. Davis played on the freshman girls' A team, and found what she learned in the camp to be very beneficial. *photo by Sheena Wendel*



Junior Jenny Carl and senior Nic Cannon, Carl's boyfriend of nine months, share a moment on the dance floor at prom. All the festivities of prom are featured on pages 30 and 31. *photo by Matthew Schultz*





Breaking away from his South East Polk contender, sophomore Spencer Reed tries to take a shot, but missed. Reed said he had a good game with one assist and they won 3-0. *photo by Chris Heffling*



Senior Mallory Rives prepares paint to make a sign for winter formal. The cheerleaders were in charge of planning the event, which was held on Jan. 31. See page 21 for more on the dance. *photo by Kristin Boscaljon*



Senior Monica Goedken helps senior Kevin Hanigan secure his toga on a Homecoming dress-up day. "You feel pretty naked, even though you're wearing shorts and a tank top," Goedken said. *photo by K. Boscaljon*

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Sophomore Alexis Van Vleet participates in the Young Americans workshops, which were held Oct. 26-28. Van Vleet said, "I went into the workshop with a little bit of a negative attitude and left with a really positive attitude." *photo by Andy Pullen*



On the mound, sophomore Kyle McCracken winds up for the pitch. The team had an overall record of 9-26. More about baseball can be seen on pages 64 and 65. *photo by Steph Cameron*



In the drama class play "Goldilocks on Trial," sophomore Shayla "Boo" Smith plays the bored bailiff. "I just sat there most of the time reading 'Johnny the Homicidal Maniac' and made smart remarks, kind of like in regular classes," Smith said. *photo by Andy Pullen*





At the top of the slide, junior Kristin Boscaljon plays a role in senior Jane Slusark's movie trailer for Video Production. Boscaljon played a cult inductee, and had to go through several tasks for initiation. *photo by Lindsey Lockner*



Keys in hand, custodian Rod Isolini works on fixing the ceiling vent in the weight room. While the vent was being repaired in January, the weight room was a chilly place to work out. *photo by Kristin Boscaljon*



Sophomore Abby Miller follows through after the serve at a jv meet against Hoover. The meet had been postponed due to rain. However, Hoover was over 30 minutes late because of miscommunication. *photo by Lindsey Lockner*

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Sophomore Libbie Reichling lets one fly against Urbandale. To read more about Reichling and the softball team's achievements during their record-setting season, see page 90. *photo by S. Bendixen*



Belting her heart out, senior Veronica Hanson sings Aretha Franklin's "Respect" backed up by junior Emily Bibler at the S.A.I.L. retreat. Hanson said she wasn't nervous to sing in front of fellow students because she had experience performing in show choir. *photo by Tyler Swett*



Both hunched over the computer, sophomore Nathan Long self-schedules for second semester with the assistance of teacher Jerry Stratton. Long said he got the schedule he wanted this time, although he hadn't always been so lucky in the past. *photo by Boscaljon*

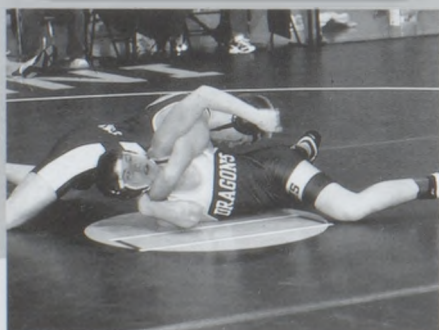




With a look of determination on sophomore Daniel Rottenberg's face, he prepares to drive the golf ball. Rottenberg said, "I had an all right season, but I'm looking forward to getting better as I get older and play more." *photo by Afton Simpson*



Lifting weights, freshman Sarah Blume builds muscle for ice skating. She worked out two to three times a week. Blume said working out was necessary to gain endurance for jumping higher and skating longer and faster. *photo by Matthew Schultz*



Sophomore Eric Dreibelbeis tries to get his Dowling opponent to the mat at districts held in Indianola. Read more about wrestling on pages 106 and 107. *photo by Lindsey Lockner*

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Manning the stopwatch, sophomore Todd Herink times his mock trial team, the Omegas, to make sure they don't go over the time limit. Herink said that once while timing he got so bored that he actually fell asleep.  
*photo by Kristin Boscaljon*



During his Culinary Arts class, sophomore Josh Baird puts away rosette cookies his group made for class that day. Baird enjoyed cooking all different types of foods and took the class for that reason. *photo by R. Vorm*



'Trying to decide what movie would be best to rent, junior Alex Miller peruses the video section at Hy-Vee in the summer. More summer highlights are covered on pages six through nine. *photo by Sheena Wendel*





Slamming the ball, senior Neal Parenza returns it to the other side of the court. The boys' tennis team's accomplishments, such as winning the Ankeny invite, are featured on pages 100 and 101. *photo by Andy Pullen*



Junior Jessica Wilson improvises a saxophone solo at the Hoover jazz competition, where she was named an Outstanding Soloist. She said that improvising solos was nerve-racking at first, but she got used to it and came to enjoy it. *photo by Shaina White*



Flying through the air, junior Amanda Miller does a front flip off the diving board at the Crown Point pool. Miller went to Crown Point at least once or twice a week during the summer to swim, lay out and hang with friends. *photo by Amanda Cook*

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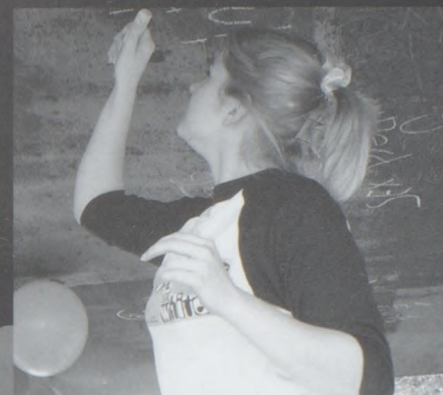




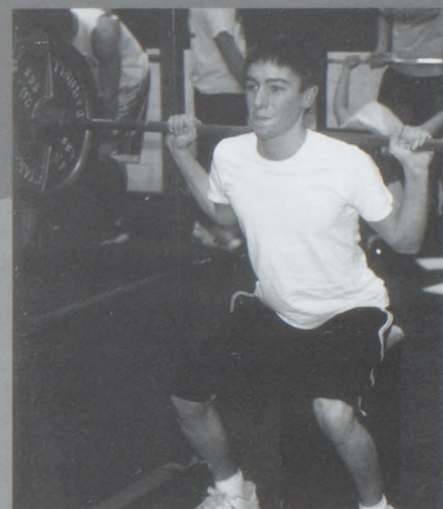
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Senior Brecca Hoffman adds a little decoration on the ceiling of the picnic shelter at Dewey Park. The newspaper and yearbook staffs held their awards banquet there on May 16. *photo by Lindsey Locker*



Doing a parallel squat, sophomore Peter Blutt uses the Bigger, Faster, Stronger (BFS) program to get in shape for soccer. Blutt said the program increased his speed while running short distances. *photo by Martinson*



Inches off the ground, sophomore Tayler Vestal and her Urbandale opponent wince as they collide mid-air. The game on May 18 was a make-up from the day before, when rain forced it to be called off. *photo by N. Jansen*



# Closing

Breathe. That's it, we've reached the end of the road; this is where our whirlwind respiratory tour comes to a close. The excitement doesn't have to end, though. When you're old and gray, use this book as a guide for reminiscing about the good old days. When you look back on 2003-2004, you'll be reminded of the thrilling trip to the boys' state basketball tournament and the agony of a one-point defeat. You might recall spirited classroom discussions about Mel Gibson's "The Passion of the Christ," the controversial film that enflamed the passions of people across the country. And few could forget the day a streaker shocked students and staff in B lunch by going for a run through the crowded cafeteria.

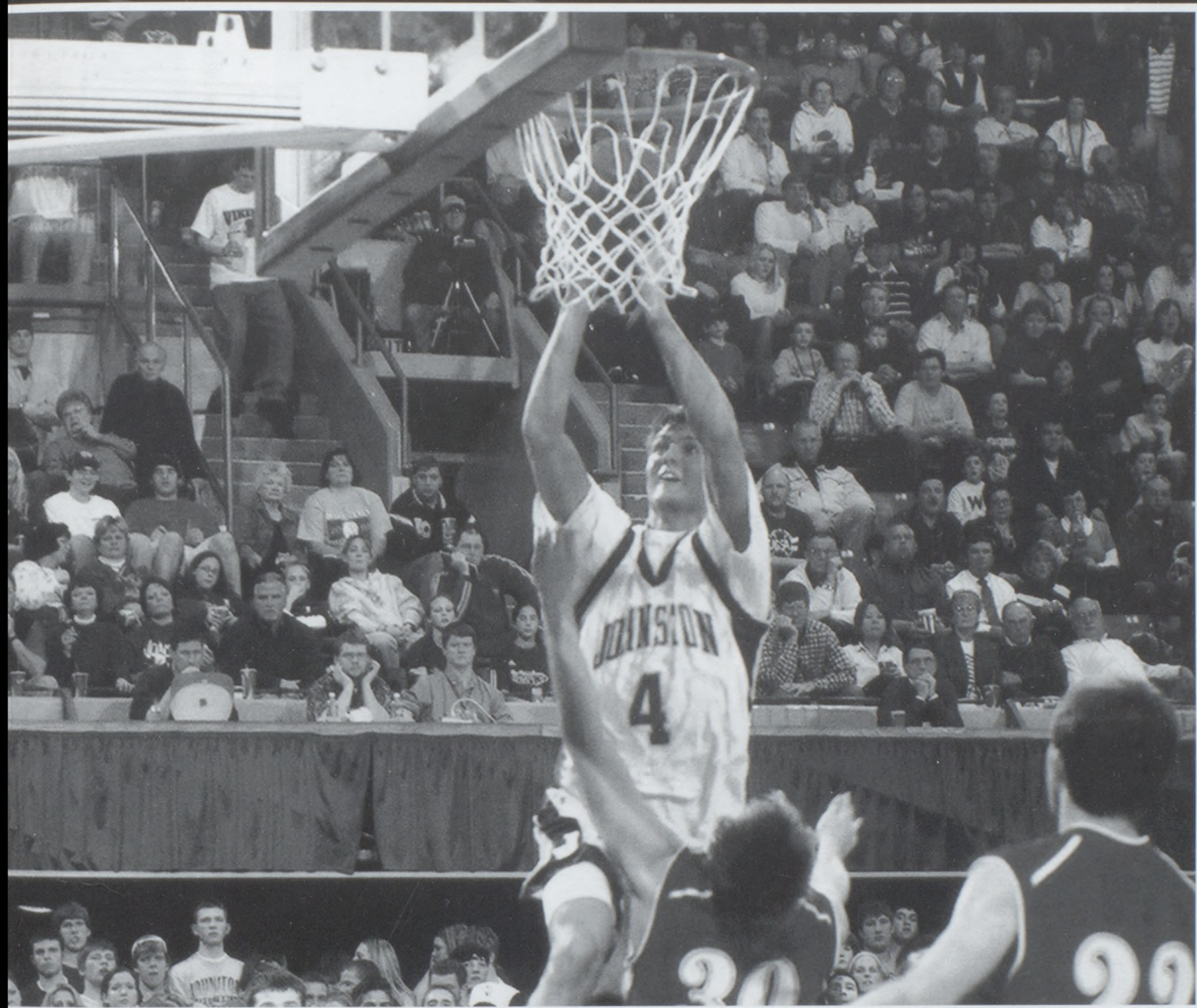
Of course, not every notable moment was light-hearted. Nearly every week we heard news of more American soldiers killed on the front lines in Iraq. In our own community, we were stunned to learn of the double homicide and suicide that hit a little too close to home. Even those who didn't know sophomore Tyler Pirtle were affected by the tragedy, as we realized that our own neighborhoods were not necessarily invincible.

These episodes, and countless more, all contributed to a truly dynamic year at Johnston High School. Wherever the future takes you, when the world leaves you feeling a little out of breath, just take a moment to look back and cherish the memories. *spread by Woody Brenton and Stacie Bendixen*

Skidding her way to victory through a slide of chocolate pudding, junior Keelie Fisher gets down and dirty at Rock Around the Clock. Fisher was a member of the winning team, The Mega Chiefs. During the games, Fisher's favorite event was passing the orange. "It was very funny watching people rub against each other, almost provocatively," Fisher said. *photo by Megan O'Toole*







No one can stop senior Jimmy Binnie as he flies through the air scoring a layup, while his audience stands in shock at his prowess. Binnie and the boys' basketball team played Ottumwa in the state tournament and came away in a close defeat, 50-51. After high school, Binnie planned on playing basketball for the University of Dayton in Ohio and eventually becoming a coach. *photo by Afton Simpson*





In a hanger, senior Lindsay Gilbert leads the cheer during a football game. To get Gilbert in a hanger it took four cheerleaders to hold her up, leaving more than just Gilbert out of breath. Gilbert enjoyed going to substate with the rest of the squad. "I got a chance to bond with the other cheerleaders," Gilbert said. *photo by W. Brenton*









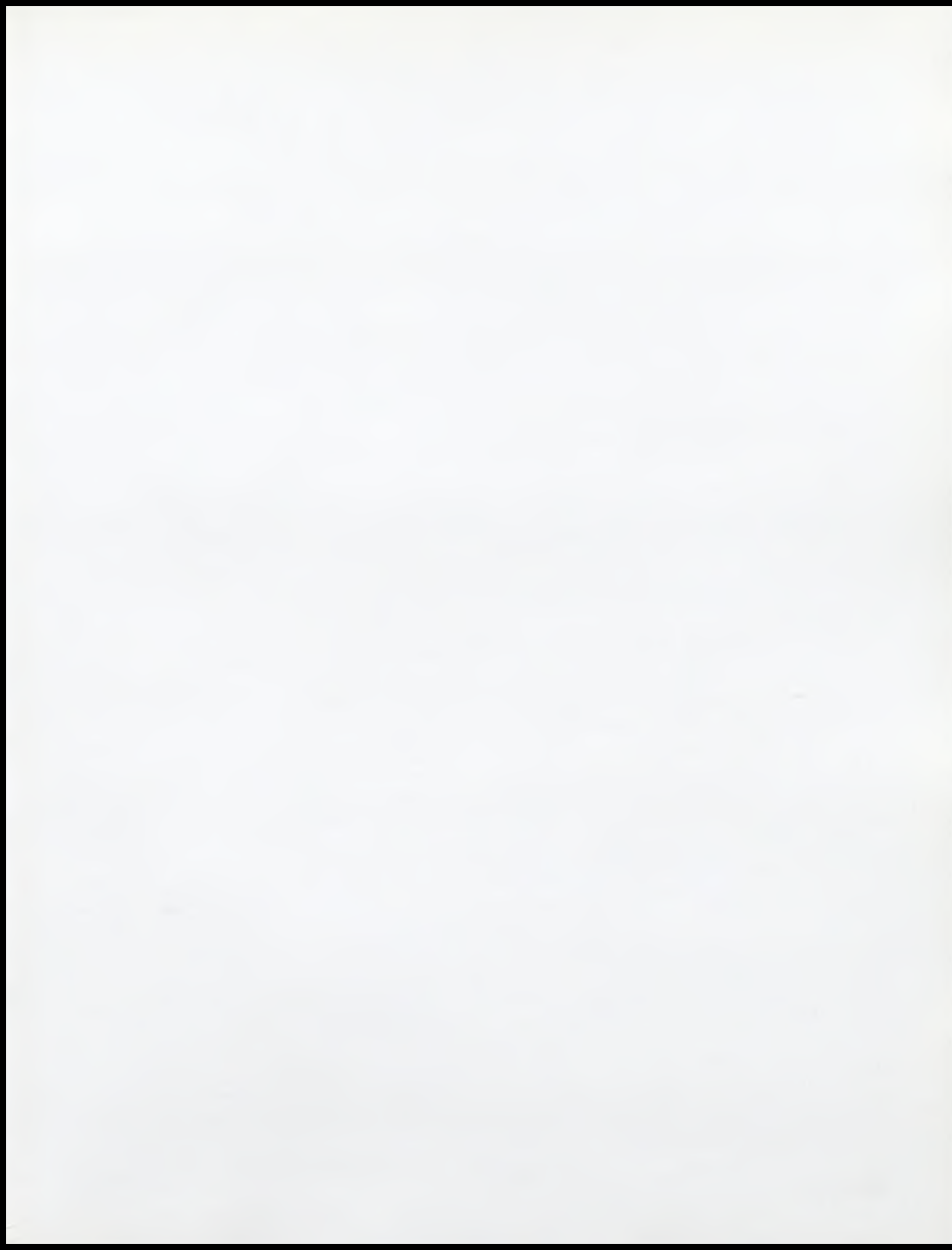






















**Advisor:** Leslie "something with a R" Shipp

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**Assistant editor:** Stacie "i will be the editor next year" Bendixen

**Proof editor:** Kristin "k-unit" Boscaljon

**Sub-editors:** Alicia "i'm a winner" Corron, Stacie "check da stylebook" Bendixen, Afton "mini-putney" Simpson, Steph "it's about time" Cameron, Woody "salsa time" Brenton, Rachel "loves old people" Vorm, Tyler "can't remember too much" Swett, Megen "scanner is broken" O'Toole

**Advertising:** Megen "i'm a baby" O'Toole

**Index/ Hit list:** Beth "i'm so gothic i'm dead" Aubuchon, Lindsey "un" Lockner, Stacie "twist and tie and" Bendixen

**Theme/ Cover/ Layout:** Rachel "my milkshake is better than yours" Vorm, Woody "ded bearz" Brenton, Kristin "senior by association" Boscaljon, Alicia "tape-game" Corron, Sheena "i hate these nicknames" Wendel

**Packaging:** Tyler "smells like" Swett

**Group shots:** Afton "oj" Simpson, Abbey "i want boji" Gessmann, Shaina "insane" White

**Senior photos:** Alicia "freak of nature" Corron & Sheena "you got sum splanin to do" Wendel

**Book Sales:** Alicia "wants to be a cheerleader" Corron

**Senior Ads:** Alicia "i lose everything" Corron

**Staff:** Stacie "is a stick" Schafer, Dani "eyebrow plucker" Martinson, Ashley "table wine" Meade, Chris "three thumbs" Jameson, Andy "push and" Pullen, Amanda "the mystery bullet" Kennedy, Rebekka "hates bowling" Broeker, Nathalie "quiet" Hurm, Nicole "party up" Jansen, Logan "lone freshman" Koch, Jessica "butter button" Droogsma

## Colophon:

The 57th edition of *The Dragon* has finally come to an end. If you were cool you bought the \$42 yearbook which came with a nameplate, or you could buy the cheaper one for \$37 with no nameplate. We collected over \$8, 570 dollars worth of ads to support this *beast*. Megen O'Toole was in charge of the ad sales, and she also designed the ads with a little help from Rachel Vorm. All design work for pages, layouts and ads was done on our new Adobe PageMaker 7.0 program. We also got nine new eMac computers for our use and got rid of the *dormant* computers. The printing was done on our humongous Laser Writer 8500, when it worked. We also had to print off the LMC's printer. After our pages were checked off by all of our awesome editors and packaged onto a compact disc, they were shipped off to Herff Jones company at 6015 Travis Lane, Shawnee Mission, Kansas, 66201, where the book was *bloomed*. All of the photographs were taken by our Nikon N65 and N80 cameras and our Power Shot Canon G2 for digital fo fo's. Many of the photos were supposed to be taken by Tyler Swett, whenever he found the time and "Putney 2," Afton Simpson. If we used digital pictures we used Adobe Photoshop 7.0 to *insert* them or abstract them for one of our pages. If anyone used clipart they got it from out Art Explosion discs full of clipart. After people stopped clicking pictures and unleashed the film from within, it was off to Hy-Vee or Dahls in Johnston for development. The cover was designed by Rachel Vorm, and the picture was from a clipart CD. After all of the blood, sweat and *tears* that went into the book, we ordered 936 books for all the Johnston kids. Marc Havnen, the yearbook guy, always helped us when we were troubled with questions to be answered. The 2003 Dragon earned its 10th consecutive All-American rating from NSPA. This accomplishment landed it in the NSPA Hall of Fame, because we *rule*. The book was also a CSPA Gold Medalist. *The End*.





**(Rachel V.)**



**(Kristin B.)**



**(Sheena W.)**



**(Dani M.)**



**(Abbey G.)**



**(Lindsey L.)**



**(Nathalie H.)**



**(Leslie S.)**



**(Nicole J.)**



**(Andy P.)**



**(Amanda K.)**



**(Shaina W.)**





**(Alicia C.)**



**(Stacie S.)**



**(Tyler S.)**



**(Ashley M.)**



**(Megerr O.)**



**(Afton S.)**



**(Steph C.)**



**(Woody B.)**



**(Chris J.)**



**(Rebekka B.)**



**(Stacie B.)**





breathe.